

Available Now...

Beans

Colorado is nationally recognized for its production of dry beans. The state produces a wide range of varieties including pinto, light red kidney and navy.

In 2002 Colorado ranked seventh nationally in dry bean production with nearly 152 million pounds valued at \$27.6 million.

Beans are high in protein and dietary fiber, and low in fat, calories and sodium.

Look for Colorado beans at your local grocery store or at restaurants across the state.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit

www.coloradoagriculture.com for a complete list of recipes.

Colorado Refried Beans

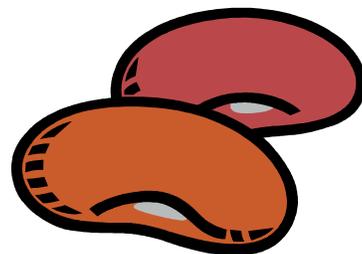
Colorado Chef Manuel Santovena, Eurest Dining Services

5 ozs.	Pinto beans, dried
3 cloves	Garlic
1	Jalapeno pepper, cored and seeded
¼ cup	Water
½ cup	Corn oil
½ tsp.	Cayenne pepper
¼ tsp.	Salt
Dash	Hot pepper sauce

Cover beans with cold water and soak overnight. Drain beans and place them in a saucepan, cover with cold water. Bring to a boil and reduce the heat to a simmer, and simmer until tender (about 45 minutes). Drain and cool.

In a food processor, chop garlic and the jalapeno. Add beans and with the motor running, process while slowly adding the water and oil through a feed tube. Add remaining ingredients and process until smooth. Adjust seasoning if necessary. Serve with pita triangles or tortilla chips.

Enjoy with a Colorado wine, such as a glass of White Zinfandel from Colorado Cellars Winery, located in Palisade, Colorado.



Next Month... Wheat