

MIDLAND HARVEST® SMOOTH STYLE VEGETARIAN REFRIED BEANS



GOOD HEALTH, FAST PREP, GREAT TASTE—YOU'LL FIND IT ALL IN MIDLAND HARVEST® SMOOTH STYLE VEGETARIAN REFRIED BEANS!

Beans are nutritional powerhouses—high in fiber and protein, low in fat and cholesterol. And, they have a low Glycemic Index, which means they're absorbed slowly into the bloodstream, having a low impact on blood sugar. These features make beans an ideal choice for improving overall diet.

Even better, our Smooth Style Vegetarian Refried Beans go from pouch to plate in just 5 minutes, proving fast food doesn't have to be unhealthy! You can even prepare these beans ahead of time, then hold them in steamtables. And our convenient packaging means less waste, no extra water, and less labor.

Plus, Midland Harvest® Smooth Style Vegetarian Refried Beans have the rich, hearty flavor and smooth mouthfeel your customers love, and both pinto and black refried beans are available.

Refried beans are the perfect meal companion, and they work great in appetizers, dips, soups, and chili. For a heartier option, Midland Harvest Homestyle Vegetarian Refried Beans are a great choice. Try both varieties in your favorite recipes today!

SERVING SUGGESTIONS

- *Tostadas*
- *Taco salad*
- *Dips*
- *Appetizers*
- *Soups*
- *Chili*
- *Mexican pizza*
- *Nachos*
- *Quesadillas*
- *Bean burritos*
- *Beef and bean burritos*
- *As a side dish*