



# Five-Minute Refried Beans

Servings 4 | Prep time 5 mins. | Total time 15 mins.

## Equipment:

Frying pan,  
Can opener

## Utensils:

Large spoon for mashing  
Mixing spoon  
Measuring Cups and Spoons

## Ingredients

1 15 ounce can no salt added beans (pinto, black, or other type)  
1 tablespoon olive oil OR vegetable oil  
2 tablespoons onion, chopped  
1 clove garlic, minced OR 1 teaspoon garlic powder  
1/4 teaspoon ground cumin OR 1/2 teaspoon chili powder

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. Drain beans and rinse to reduce juices.
3. Heat oil in a frying pan on medium heat. Add onion and garlic. Sauté until onion is soft.
4. Add beans and cumin or chili powder to frying pan. Using a potato masher or back of spoon, scrunch beans and cumin into onion mixture in frying pan.
5. Drain beans. Add 1 tablespoon of water at a time until desired consistency is reached.
6. Cook and stir bean mixture on medium heat until heated through; 3-5 minutes.

## Nutritional Information:

Calories 160  
Total Fat 4g  
Sodium 0mg  
Total Carbs 24g  
Protein 8g