



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
¼ teaspoon ground cumin OR ½ 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