



Five-Minute Refried Beans

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

Equipment: Skillet, Can Opener, Measuring Cups and Spoons

Utensils: Large Spoon for Mashing, Spoon for Stirring

Ingredients

1 ¼ cups, or 1 16 ounce can no salt added beans (pinto, black, or other type)
1 tablespoon olive or vegetable oil
2 tablespoons onion, chopped
1 clove minced garlic or ¼ 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 skillet on medium heat. Add onion and garlic. Sauté until onion is soft.
4. Add beans and onion to skillet. Using a potato masher or back of spoon, scrunch beans and cumin into onion mixture in skillet.
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