Healthy Refried Beans

Makes: 4 servings (½ cup per serving)
Preparation Time: 5 minutes
Cooking Time: 10 minutes

Ingredients
1 tablespoon vegetable oil
½ onion, diced
⅛ teaspoon garlic powder
1 teaspoon chili powder
1 (15 ounce) can pinto beans, drained and rinsed
⅔ cup broth (chicken or vegetable)

Directions
1. Drain and rinse the beans.
2. Collect, dice, and measure all ingredients before starting to prepare the recipe.
3. Heat oil in a large skillet over medium heat. Add onion, and cook for about 3 minutes until the onion is soft.
4. Stir in garlic powder and chili powder. Reduce heat to low.
5. Add pinto beans and broth, and cook for 5 minutes.
6. Mash beans with a potato masher or the back of a fork.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Add to enchiladas or quesadillas. Serve as a side dish topped with fresh, washed, chopped cilantro and cheese or rolled into tortillas.

Nutrition Facts
4 servings per container

Serving size 1/2 Cup (171g)

Amount Per Serving Calories 130

Total Fat 4g 5%
Saturated Fat 0g 0%
Trans Fat 0g 0%

Cholesterol 0mg 0%
Sodium 410mg 18%

Total Carbohydrate 16g 7%
Dietary Fiber 5g 18%

Total Sugars 2g 0%
Includes 0g Added Sugars 0%

Protein 6g 12%

Vitamin D 0mcg 0%
Calcium 60mg 4%
Iron 2mg 10%
Potassium 364mg 8%

*The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.