



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
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 2g	
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.	