



# Refried Beans

Recipe from FoodHero.org



## Ingredients



- 1 1/4 cups or 1 can (15-16 oz) cooked beans (pinto or other type)
  - 1/4 tsp ground cumin
  - 1 Tbsp oil
  - 2 Tbsp chopped onion
  - 1 cloved minced garlic or 1/4 tsp garlic powder
- Yield: 1 cup  
Serving Size: 1/4 cup



## Directions



1. Drain beans and reserve liquid. (Rinse canned beans to reduce sodium.)
2. Heat oil in a skillet. Add onion and garlic. Saute until onion is soft.
3. Mash beans and cumin into onion mixture in skillet. Use a potato masher or back of a spoon.
4. Add reserved liquid or water (1 Tbsp or more) until desired consistency is reached.
5. Cook and stir bean mixture on medium heat until heated through, 3-5 minutes.
6. Refrigerate leftovers within 2 hours.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips

- Want to add a little spice? Try adding 1/2 tsp cayenne pepper.
- Goes great as a side dish, in quesadillas, tacos, or burritos!
- Make your beans from dry for an even cheaper price!

### Estimated Price:

Yield (1 cup): \$1.18

Serving Size (1/4 cup): \$0.29

Second Harvest is an equal opportunity provider.

## Nutrition Facts



<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size</b>	1/4 cup
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.08mg	6%
Potassium 0mg	0%
<small>*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.</small>	



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