



Refried Beans

Recipe from allrecipes.com



Ingredients



- 2 tbsp. canola oil
- 2 garlic cloves, peeled
- 2 (15 ounce) cans pinto beans
- 1 tsp. cumin
- 1 tsp. chili powder
- Salt to taste
- 1/2 lime, juiced

Yield: 6 servings
Serving Size: 1/2 cup



Directions



1. Heat canola oil in a heavy skillet over medium heat.
2. Cook garlic cloves in hot oil, turning once, until brown on both sides, 4 to 5 minutes.
3. Smash garlic cloves in skillet with a fork.
4. Stir pinto beans, cumin, chili powder, and salt into mashed garlic and cook until beans are thoroughly heated, about 5 minutes. Stir occasionally.
5. Smash bean mixture with a potato masher to desired texture. Squeeze lime juice over smashed beans and stir until combined.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Add water, one tablespoon at a time, to beans if mixture is too dry.
- Use a fork instead of a potato masher if a potato masher is not accessible.
- Use pre-minced garlic instead of whole garlic cloves.

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	190
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 28g	10%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 2.52mg	15%
Potassium 470mg	10%
<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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