



A Nutrition Resource

# HEALTHY REFRIED BEANS

**Yield: 4 Servings | Serving Size: 1/2 cup**

**Preparation Time: 5 minutes**

**Cooking Time: 10 minutes**

**Cost/serving: \$0.38**

### Ingredients:

- 1 tablespoon vegetable oil
- 1/2 medium onion, diced
- 1/8 teaspoon garlic powder
- 1 (15 ounce) can pinto beans, drained and rinsed
- 2/3 cup broth (chicken or vegetable)

### Directions:

- 1) Collect, dice, and measure all ingredients before starting to prepare the recipe.
- 2) Heat oil in a large skillet over medium heat. Add onion, and cook for about 3 minutes until the onion is soft.
- 3) Stir in garlic powder and chili powder. Reduce heat to low.
- 4) Add pinto beans and broth, and cook for 5 minutes.
- 5) Mash beans with a potato masher or the back of a fork.
- 6) Serve hot.
- 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.

*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active Program*

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 5g	12%
Vitamin D 0mg	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.



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