



## March 19- Refried Beans

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/refried-beans>

### Recipe

*Ingredients:*

- 1 ½ cup dry pinto beans
- 2 garlic cloves
- 1 Tablespoon oil
- ¼ cup onion
- 1 teaspoon ground cumin

*Directions:*

1. Cook beans and reserve some of the cooking liquid before draining.
2. Sauté onions and garlic in oil until onions become clear. Add a little water if vegetables stick.
3. Mash half of the beans, and add to onion and garlic. Continue to sauté for 10 minutes, stirring frequently. Allow some of the mashed beans to brown.
4. Add cumin. Add remaining beans and continue cooking until they are warmed through.
5. Water or liquid from beans may be added to keep the beans soft and mushy.

Yield 6 servings

### Nutrition Facts

Serving Size 1/6 recipe (56.66g)  
Servings Per Container 6

**Amount Per Serving**

**Calories** 190      **Calories from Fat** 25

**% Daily Value\***

**Total Fat** 3g      **4%**

Saturated Fat 0g      **2%**

Trans Fat

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 30g      **10%**

Dietary Fiber 7g      **29%**

Sugars 1g

**Protein** 10g      **20%**

Vitamin A 0%      •      Vitamin C 6%

Calcium 6%      •      Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.