

Refried Beans

Makes: 6 servings

Ingredients

- 1 1/2 cups** dry pinto beans (sorted and rinsed)
- 2** garlic (cloves, minced)
- 1 tablespoon** oil
- 1/4 cup** onion (chopped)
- 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.

Washington State WIC Program, The Bold and Beautiful Book of Bean Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	3 g	5%
Protein	12 g	
Carbohydrates	36 g	12%
Dietary Fiber	14 g	56%
Saturated Fat	0 g	0%
Sodium	10 mg	0%