

REFRIED BEANS

Prep Time: 3 minutes

Cook Time: 15 minutes

Included in Box:

- 3 c. pinto beans, cooked

Additional Ingredients Needed:

- 1 small onion (~½ c.), finely chopped
- 1 T lime juice
- 1 T garlic powder
- ½ tsp chili powder
- ¼ tsp cumin

Directions:

1. Add ¼ c. water and onion to medium saucepan over medium-high heat; cook until translucent (3-4 minutes).
2. Add seasonings, cooked pinto beans and ½ c. water. Stir, cover and cook for 5 minutes.
3. Reduce heat to low and uncover. Using a masher or back of fork, mash about ¾ of beans to desired consistency. Continue to cook beans uncovered for 3 minutes, stirring often.
4. Remove from heat. Add lime juice and mix. Add splash of water if beans seem dry.

Tip: Top with cilantro and tomatoes for extra flavor!



Nutrition Facts*

Total Servings: 5
Serving Size: ½ c. beans
Calories: 160
Fat: 1 g
Sodium: 11 mg
Carbohydrates: 30 g
Fiber: 10 g
Protein: 10 g
Carbohydrate Servings: 2

**Nutrient facts include boiled pinto beans, 1 small white onion, fresh lime juice and spices.*