



EATING SMART
BEING ACTIVE

Healthy Refried Beans

Makes: 4 servings (½ cup per serving)

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

1 tablespoon vegetable oil

½ onion, diced

⅛ teaspoon garlic powder

1 teaspoon chili powder

1 (15 ounce) can pinto beans, drained and rinsed

⅔ cup broth (chicken or vegetable)

Directions

1. Wash hands with soap and water.
2. Drain and rinse the beans.
3. Collect, dice, and measure all ingredients before starting to prepare the recipe.
4. Heat oil in a large skillet over medium heat. Add onion, and cook for about 3 minutes until the onion is soft.
5. Stir in garlic powder and chili powder. Reduce heat to low.
6. Add pinto beans and broth, and cook for 5 minutes.
7. Mash beans with a potato masher or the back of a fork.
8. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Nutrition Facts	
4 servings per container	
Serving size	1/2 Cup (171g)
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 4g	8%
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 6g	12%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 364mg	8%
<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>	

Be creative! Add to enchiladas or quesadillas. Serve as a side dish topped with fresh, washed, chopped cilantro and cheese or rolled into tortillas.

