

Healthier “Refried” Beans

Serves 12



Ingredients:

- 1 pound dry pinto beans*, sorted, rinsed, and soaked overnight or up to 24 hours
- 1 tablespoon onion powder
- 1 tablespoon chili powder
- 1 1/4 teaspoon fine sea salt, or more to taste

Directions:

1. Drain and rinse the soaked beans and place them in a 5-quart slow cooker.
2. Add 8 cups of water. The beans should be covered by about 2 inches of water.
3. Cook 6 to 12 hours on LOW. (I like to do this overnight.)
4. Drain the beans and mash them to the texture you prefer. Add water to thin it to your desired consistency.
5. Stir in onion powder, chili powder, and salt. Adjust seasonings to taste.
6. Chill leftover beans in a thin layer to cool quickly, then re-pack in deeper storage portions.
7. Beans can be frozen in 2-cup portions, up to 2 months.

***Food Safety Note: Do NOT use dry kidney or black beans in this recipe. Dry pinto beans ARE safe.**

Nutrition Facts	
12 servings per container	
Serving size	1 cup (39g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 2mg	10%
Potassium 532mg	10%

*The % Daily Value 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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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



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