



# Refried Beans

*Top with Tomatillo Salsa for great flavor and color.*

**Makes 4 servings.**

*½ cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 10 minutes

## Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, finely chopped
- 3 cups Simmered Beans with broth

2. Stir in beans with part of the broth. Cook 1 minute.
3. Cook and stir, adding additional broth and mashing beans lightly with a fork until bean mixture is a thick paste, but not dry.
4. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

## Preparation

1. In a large nonstick pan, heat oil over medium heat. Add garlic and cook 1 minute.

**Nutrition information per serving:** Calories 200, Carbohydrate 32 g, Dietary Fiber 11 g, Protein 10 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 80 mg