



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Refried Beans (Frijoles)*

3 cups cooked pinto beans
1 cup diced onion
1 clove garlic, minced
1 teaspoon salt
2 tablespoons oil

1. Heat oil in frying pan on medium heat.
2. Sauté onion, garlic, and salt in oil until onions are tender.
3. While onions are cooking, mash beans.
4. Add beans to pan and cook, stirring constantly until the beans are hot. Add small amount of water if needed to achieve desired consistency. Makes 6 servings.

Nutrition Facts

Serving Size: 1/2 cup (118g)
Servings: 6

Amount Per Serving

Calories 170 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 390mg **16%**

Total Carbohydrate 25g **8%**

Dietary Fiber 8g **32%**

Sugars 1g

Protein 8g

Vitamin A 0% ■ Vitamin C 4%

Calcium 4% ■ Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

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USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.