

[Learn more about nutrition with the free EatFresh.org Mini Course! Start or continue now >\(http://bit.ly/eatfresh-org-mini-course\)](http://bit.ly/eatfresh-org-mini-course)

Refried Beans

Budget-friendly recipe

[0 Comments](#)

Ready in: 20 mins.

Top with Tomatillo Salsa for great flavor and color.



Ingredients

1 tablespoon Vegetable oil

2 Cloves garlic *finely chopped*

3 cups [Simmered Beans](http://eatfresh.org/recipe/side-dish/simmered-beans) [with broth](http://eatfresh.org/recipe/side-dish/simmered-beans)

What You'll Need

Measuring cup

Cutting board

Knife

Nonstick pan

Large spoon

Fork

Plastic or glass container with lid

Directions

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

Chef Tips

Add Pico de Gallo for a spicy twist.

Cut this recipe in half to save money.

Nutrition Info and more

Serving size: ½ cup

Total calories: 112 Total fat: 1 g Saturated fat: 0 g Carbohydrates: 32 g Protein: 10 g Fiber: 7 g Sodium: 80 mg