



Simmered Beans

Add Pico de Gallo for a spicy twist.

Makes 12 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 1 hour and 15 minutes to
1 hour and 45 minutes

Ingredients

- 2 cups dried beans
(pinto, black, or pink),
rinsed
- 8 cups water
- 1 onion, peeled and
chopped
- 1 bay leaf
- ¼ teaspoon salt

Preparation

1. Place beans, water, onion,
and bay leaf in a large pot.
Cover and bring to a boil
over high heat. Reduce
heat to low. Simmer for 1
to 1½ hours or until beans
are tender.
2. Remove bay leaf and stir
in salt. Cook 15 minutes
longer.
3. Serve or store beans in
refrigerator for up to 3
days in a covered plastic
or glass container.

Nutrition information per serving: Calories 112, Carbohydrate 21 g,
Dietary Fiber 7 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg

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

Preparation

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.

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