

Fat Free Refried Beans

So, if we're being honest, I usually buy the Old El Paso Fat Free Refried beans in a can....but if you want to kick your refried beans up a notch, this is a really great and fast way to make canned red beans taste like true refried beans with great macros in 15 minutes.



PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

30 mins



COURSE

Gluten Free, Sides



SERVINGS

6 servings

CALORIES

148 kcal

INGREDIENTS

- 1 small Onion chopped fine
- 3 cloves garlic minced
- 2 tsp cumin
- 1/4 tsp salt
- 2 15 oz can Cooked Pinto Beans drained and rinsed
- 1 8 oz can plain tomato sauce

INSTRUCTIONS

1. Saute onions in a medium pot sprayed with non stick cooking spray for 5 minutes until translucent.
2. Add garlic, cumin, salt. Cook for 1 more minute. Add water by the tablespoon if it starts to dry out or burn.
3. Add beans and mash with a potato masher until almost completely mashed but with some lumps.
4. Add tomato sauce and mix. Cook until heated through adding water by the tablespoon if needed to thin it out.

5. Remove from heat and serve.

NUTRITION

Nutrition Facts	
Fat Free Refried Beans	
Amount Per Serving	
Calories 148	Calories from Fat 3
% Daily Value*	
Fat 0.3g	0%
Saturated Fat 0.004g	0%
Polyunsaturated Fat 0.001g	
Monounsaturated Fat 0.003g	
Sodium 711mg	31%
Potassium 381mg	11%
Carbohydrates 26g	9%
Fiber 9g	38%
Sugar 2g	2%
Protein 7g	14%
Vitamin A 150IU	3%
Vitamin C 2.5mg	3%
Calcium 60mg	6%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!