



VEGAN REFRIED BEANS

SERVES: 5 (approx. ¾ cup each) **Prep Time: 5 min. Cooking Time: 10 min.**

CONTAINER EQUIVALENTS (per serving): 1 1

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1 Tbsp.	olive oil
1 cup	chopped onion (approx. 1½ medium)
¼ cup	chopped green bell pepper (approx. ⅓ medium)
2 cloves	garlic, finely chopped
½ tsp.	sea salt (or Himalayan salt)
2 cups	canned pinto beans (reserve liquid)
¼ tsp.	ground smoked paprika
¼ cup	chopped fresh cilantro
½	medium lime, cut into 5 wedges

1. Heat oil in a large nonstick skillet over medium heat.
2. Add onion, bell pepper, garlic, and salt; cook for 5 minutes, or until soft.
3. Add beans, along with their liquid, and paprika; cook another 5 minutes.
4. Transfer vegetable mixture to a food processor; process until smooth. Return to skillet and heat through (if desired).
5. Serve garnished with cilantro and a lime wedge.

NUTRITIONAL INFORMATION (per serving): **Calories: 123 Total Fat: 3 g Saturated Fat: 0.5 g Cholesterol: 0 mg**
Sodium: 492 mg Carbohydrates: 19 g Fiber: 5 g Sugars: 3 g Protein: 5 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.