

Recipe of the Month – October 2022

Slow Cooker Refried Beans

Serves: 10

Serving Size: 1/2 cup

Cost per Serving: \$0.31

Ingredients:

1 pound dried pinto beans (*or other small, dried beans*)

7 cups water

1 medium onion, diced (*about 1 cup*)

1 tablespoon ground cumin

2 teaspoons salt



Directions:

1. Rinse and sort beans. Remove any debris.
2. Put all ingredients into a slow cooker. Stir to combine.
3. Cook on low for 8–10 hours or high for 6–8 hours
4. Remove 2 cups cooking liquid and set aside
5. Mash beans with a fork or potato masher. Stir up to 1/2 cup of the reserved cooking liquid into the mashed beans to give them a thinner consistency, if desired. Refried beans will thicken as they cool, so save the reserved cooking liquid to add to leftover refried beans, if desired.
6. Serve as a side dish; as a filling for burritos, enchiladas, or tacos; or as a dip.

Tips:

- Add chopped jalapeno peppers to the other ingredients for a spicier dish.
- Cooked and cooled refried beans can be portioned out into airtight containers and frozen for future meals

Nutrition Facts per Serving: 170 calories, 0.5g total Fat (0g sat. fat), 0mg Cholesterol, 480mg Sodium, 30g Carbohydrates, 7g Fiber, 2g Sugar, 10g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2022 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

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