

Un-fried Beans

(A healthy version of Refried Beans)

Ingredients:

- Bush's Pinto Beans – Various Sizes
 - Water, about 1/4-inch deep*
 - Seasoning*:
 - ~1-2 T Dried Cilantro
 - ~1-2 tsp Regular and/or Jalapeño Salt
- * Water and Seasoning amounts based on filling a regular (10" dia x 2-1/2" deep) skillet with Beans

Instructions:

1. Open Beans and rinse well in a strainer.
2. Add Beans and Water to a skillet. Heat at Low/Med.
3. Season for desired taste.
4. Mash up Beans.
 - a. Add extra Water if desired for consistency.
 - b. Add extra Seasoning if desired for taste.
5. When the right consistency and taste are achieved, refrigerate for later use or continue to heat as desired for serving.

Hints:

1. Nutrition Facts for Pinto Beans: Serv. Size - 1/2 cup (85g); Cals – 116; From Fat – 0g; Cholesterol - 0mg, Sodium 1.7mg (0%); Total Carbo 22g (11%); Dietary Fiber - 7g (29%); Sugars - 1g, Protein - 7g; Vit A - 0%; Vit C - 3%; Folacin - 36%; Thiamin - 11%; Calcium - 4%; and Iron - 12%. (Source: Idaho Bean Commission)
2. Goes well with Sausage. (Kiobasa™ Beef and Jalapeño are our favorites.)

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