

The Healthy Cook

These easy refried beans come together with just five pantry staples: oil, garlic, dried oregano, beans, and salt.

What's next? That's up to you. Try refried beans as a side dish, on a tostada (see photo), in a taco, or atop a bowl of brown rice and fixings like shredded lettuce, salsa or tomatoes, and avocado.

Homemade Refried Beans

 SERVES 4

- 2 Tbs. extra-virgin olive oil
- 1 clove garlic, minced
- Pinch dried oregano
- 1 15 oz. can no-salt-added pink or pinto beans (about 1½ cups)
- ½ tsp. kosher salt



1. In a medium pan, heat the oil over medium heat until shimmering. Sauté the garlic and oregano until lightly browned, about 1 minute.
2. Stir in the beans with their liquid. Bring to a simmer. Mash into a purée with a potato masher and continue to simmer until thickened (see photo), 2-3 minutes.
3. Season with the salt.

PER SERVING: calories 140 | total fat 8 g | sat fat 1 g | carbs 15 g | fiber 5 g
total sugar 1 g | added sugar 0 g | protein 5 g | sodium 250 mg