

SLOW COOKER REFRIED BEANS

INGREDIENTS:

- 2 cups dried pinto beans
- 1 yellow onion, diced
- 8 garlic cloves, minced
- 1 teaspoon salt
- 4 cups chicken stock
- 2 cups water

DIRECTIONS:

1. Combine all ingredients in a slow cooker.
2. Cook 5-6 hours on high until beans are soft.
3. Purée using an immersion blender; add additional seasoning if needed.

Nutrition Facts	
Serving Size 1/2 cup (334g)	
Servings Per Container 6	
Amount Per Serving	
Calories 250	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 45g	15%
Dietary Fiber 11g	44%
Sugars 3g	
Protein 16g	
Vitamin A 0%	• Vitamin C 10%
Calcium 10%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

