

# 20 Minute Skillet Refried Beans

Yield: 6 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/20-minute-mexican-side-recipe>

## Ingredients:

- 2 tablespoons butter
- 1/2 cup onion diced
- 2 garlic cloves minced
- 30 ounces pinto beans each cans, DO NOT rinse and drain
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/4 teaspoon cayenne pepper omit if you don't want the heat
- 1/4 cup fresh cilantro chopped
- salt
- pepper

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 10 milligrams
4. Fat: 4 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 230 milligrams
9. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy 20 Minute Skillet Refried Beans above. You can see more 18 20 minute mexican side recipe Cook up something special! to get more great cooking ideas.