

Refried Beans and Rice Skillet

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/canned-refried-beans-recipe-indian-style>

Ingredients:

- 2 teaspoons olive oil
- 2 sausage links Diced
- 1 cup long-grain white rice Uncooked
- 2 cloves garlic Crushed
- 1 teaspoon ground cumin
- 15 ounces diced tomatoes Canned, Undrained
- 15 ounces canned corn Drained
- 2 cups water
- 15 ounces refried beans
- 1/2 cup salsa Green or red
- kosher salt To taste
- hot sauce To taste
- Mexican cheese Shredded, Optional
- chopped cilantro Optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 10 grams
6. Protein: 14 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1070 milligrams
9. Sugar: 7 grams

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