

# Refried Beans (2-Ways!)

Yield: 6 min  
Total Time: 40 min

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

## Ingredients:

- 1 1/2 cups dried pinto beans
- 1 1/2 tablespoons kosher salt
- 8 cups cold water
- 6 cups water
- 1 1/2 teaspoons kosher salt
- 3 wedges yellow onion 1-inch wide pieces
- 1 bay leaf dried, optional
- 30 ounces canned pinto beans two 15-ounce cans
- 2 tablespoons butter lard or vegetable oil
- 1/2 cup yellow onion finely minced
- 1 tablespoon minced garlic
- 1 tablespoon minced jalapeno stems and seeds removed
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon lime zest
- 2 tablespoons lime juice divided

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 10 milligrams
4. Fat: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 2550 milligrams
8. Sugar: 1 grams

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