

Authentic Mexican Refried Beans

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 1 pound dried pinto beans
- 1/2 yellow onion or small white, sliced
- 1 clove garlic minced
- 2 serrano chili peppers sliced lengthwise, optional, but recommended
- salt to taste
- 2 tablespoons canola oil

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 6 grams
3. Fat: 7 grams
4. Protein: 3 grams
5. Sodium: 250 milligrams
6. Sugar: 1 grams

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