

10 Minute Homemade Refried Black Beans



Servings: 6

1 can black beans (15 oz) drained and rinsed

1/3 cup water vegetable or chicken broth

1/2 tsp onion powder

1/2 tsp garlic powder

1/4 tsp ground cumin

1/4 tsp ground coriander

1/4 tsp salt or more to taste

1/8 tsp freshly ground black pepper or to taste

1/2 TBS lime juice

1 TBS fresh cilantro chopped (optional)

Cuisine: Mexican

In a saucepan over medium heat add water or broth.

Add onion powder, garlic powder, cumin, coriander, salt and pepper and stir to combine. Add beans and stir well.

Bring mixture to a boil.

After mixture boils reduce heat to low and continue cooking for 5-7 minutes.

Add chopped fresh cilantro and lime juice and stir to combine. Let the mixture rest for 5 minutes covered

Serve warm with tacos!

Per Serving (excluding unknown items): 110 Calories; trace Fat (3.7% calories from fat); 7g Protein; 20g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat.