

# Recipe of the Month – October 2022

## Slow Cooker Refried Beans

Serves 10

Serving Size: ½ cup

Cost per Serving: \$0.31

### Ingredients:

- 1 pound dried pinto beans (*or other small, dried beans*)
- 7 cups water
- 1 medium onion, diced (*about 1 cup*)
- 1 Tablespoon ground cumin
- 2 teaspoons salt



### Directions:

1. Rinse and sort beans. Remove any debris.
2. Put all ingredients into a slow cooker. Stir to combine.
3. Cook on low for 8 – 10 hours or high for 6 – 8 hours.
4. Remove 2 cups cooking liquid and set aside.
5. Mash beans with a fork or potato masher. Stir up to ½ cup of the reserved cooking liquid into the mashed beans to give them a thinner consistency, if desired. Refried beans will thicken as they cool, so save the reserved cooking liquid to add to leftover refried beans, if desired.
6. Serve as a side dish; as a filling for burritos, enchiladas, or tacos; or as a dip.

### Tips:

- Cooked and cooled refried beans can be portioned out into airtight containers and frozen for future meals.
- Add chopped jalapeno peppers to the other ingredients for a spicier dish.

**Nutrition Facts per Serving:** 170 calories, 0.5g total Fat (0g sat. fat), 0mg. Cholesterol, 480mg Sodium, 30g Carbohydrates, 7g Fiber, 7g Sugar, 10g Protein

*Recipe compliments of Iowa State University Extension and Outreach:  
Healthy & Homemade 2022 Nutrition & Fitness Calendar*



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