

Refried Beans

1 lb. dry pinto beans
6 cups water
2 tbsp. oil
1 1/2 tsp. salt
1 clove garlic, crushed

In a 3-quart covered saucepan, bring beans and water to a boil. Simmer for 2 1/2-3 hours or until beans are very tender. In a large heavy skillet, add beans with liquid, oil, salt, and garlic. Mash beans completely. Cook uncovered, over medium heat about 10 minutes or until thick, stirring often. Makes 8 servings.

Nutrition information per serving: calories 128; protein 11 grams; fat 3 grams; sodium 456 mg