



## Slow Cooked Refried Beans (No Soak)

Makes 15 servings (approximately .16 cents per serving)

- 1 onion, peeled and halved
- 2 cups dried pinto beans, rinsed
- 1 cup dried black beans, rinsed
- 2 tablespoons minced garlic
- 3 teaspoons salt
- 2 teaspoons fresh ground black pepper
- 1/8 teaspoon ground cumin (optional)
- 9 cups water

### DIRECTIONS:

1. Place the onion, rinsed beans, garlic, salt, pepper, and cumin into a slow cooker. Pour in the water and stir to combine. Cook on High for 8 hours, adding more water as needed.
2. After the beans have cooked, strain them, and reserve the liquid. Mash the beans with a potato masher (or fork), adding the reserved liquid as needed to attain desired consistency.

### Note:

Nine cups of water will look like a lot at first but don't worry, it will cook down a bit. Add refried beans to tortillas topped with fresh produce and it's a complete meal!

Adapted from Allrecipes.com

### Nutrients per 1 cup serving:

95 calories	2.8 grams fiber
5.8 grams protein	Tr. grams fat
17.6 grams carbohydrate	460 mg sodium*

**Market Baskets Program:** Thanks to the generous support from the Robert & Eleanor Franke Charitable Foundation, Hillview Urban Agriculture Center is excited to introduce the Market Baskets Program – an easy, fun, and interactive way to bring low cost, tasty, and nutritious meals to family's tables in the La Crosse area. Designed to appeal to all ages, the Market Baskets classes and demonstrations are created to quickly teach participants how to prepare low cost and great tasty meals with minimal preparation and clean up using one-pot slow cookers. The goal of the program is to distribute 800 FREE SLOW COOKERS and enough legumes and whole grains for 20,000 MEALS to families throughout the La Crosse area. We are also getting support from the People's Food Co-op in donating ingredients such as dried beans and rice, the Hunger Task Force is providing storage space, and La Crosse RSVP is helping with pre-preparations and serving at events. Nutrient analysis provided by Wisconsin Nutrition Education Program UW Extension La Crosse County.

