

Can-Do Refried Beans



Cheesy Bean Dip

Ingredients

- 2 (15 ounce) cans tomatoes, drained and chopped (low-sodium)
- 1 (16 ounce) can refried beans (low-sodium)
- 1 (15 ounce) can corn, drained (low-sodium)
- 2 tablespoons chili powder
- 2 cups cheddar cheese, shredded (low-fat)

Directions

1. Clean hands and food preparation surfaces.
2. Preheat oven to 350 F.
3. In a skillet, combine 1 cup of the tomatoes, all of the refried beans, $\frac{1}{2}$ can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
4. Spoon mixture into 8-by-8-inch baking dish. Top with remaining corn and tomatoes. Sprinkle with cheese.
5. Bake 5 to 10 minutes, or until cheese is melted. Serve warm with tortilla chips.

Adapted from: fns-prod.azureedge.us/sites/default/files/resource-files/RefriedBeansCanned.pdf



Extension
University of Missouri

Terrific Bean Tacos

Ingredients

- 1 small onion, chopped
- 2 teaspoons vegetable oil
- 1 (16 ounce) can refried beans (low sodium)
- 8 taco shells or flour tortillas
- 1 cup cheddar cheese, shredded (low-fat)
- ¼ lettuce, chopped
- 2 medium tomatoes, chopped or 1 cup canned diced tomatoes, drained (low-sodium)
- 2 tablespoons taco sauce or salsa (optional)

Directions

1. Clean hands and food preparation surfaces.
2. In a skillet, add vegetable oil and cook chopped onion until tender.
3. Stir in refried beans and heat thoroughly.
4. Spread refried bean mixture in taco shell or on a tortilla.
5. Sprinkle with shredded cheese, chopped lettuce, and tomatoes. Add taco sauce or salsa (optional).

Adapted from: fns-prod.azureedge.us/sites/default/files/resource-files/RefriedBeansCanned.pdf



Refried Bean Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 cup onion, finely chopped
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- 1 (28 ounce) can crushed tomatoes
- 1 (30 ounce) can refried beans
- 2 (14.5 ounce) cans vegetable broth (low-sodium)

Directions

1. Clean hands and food preparation surfaces.

2. Heat oil in a large soup pot. Add onion and garlic and sauté until soft.
3. Add crushed tomatoes and bring to a boil. Boil for 5 minutes and reduce heat to low.
4. Add beans and vegetable broth. Simmer for 15 minutes.
5. Serve immediately. Refrigerate leftovers within 2 hours.

Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.

Adapted from: mainesnap-ed.org/recipes/refried-bean-soup/

Refried Bean Cheese Tostadas

Ingredients

- 1 cup vegetable oil
- 6 (5-inch) corn tortillas
- Kosher salt
- 1 ¼ cups refried beans
- ¾ cup Mexican blend cheese, shredded
- Hot sauce (optional)

Directions

1. Clean hands and food preparation surfaces.
2. Arrange a rack in the middle of the oven and set to 450°F. Line a rimmed baking sheet with paper towels.
3. Heat 1 cup vegetable oil in a large skillet over medium-high heat. Test the oil by dipping the side of a tortilla into it. If it sizzles right away, the oil is ready.
4. Add 3 corn tortillas and fry until crisp and darkened in color, about 2 minutes per side. Pierce any bubbles that form on the tortillas with the tip of a paring knife. Transfer to the baking sheet and season with kosher salt. Repeat with the remaining 3 tortillas.
5. Remove the paper towels from under the tostadas. Spread refried beans on the tostadas (about 3 tablespoons each). Sprinkle with shredded Mexican cheese blend (about 2 tablespoons each).
6. Bake until the beans are warmed through and cheese is melted, about 5 minutes. Serve with hot sauce if desired.

Adapted from: thekitchn.com/refried-bean-cheese-tostadas-recipe-23037783



Funded in part by USDA SNAP.
For more information, call MU Extension's
Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars?
Contact your local resource center or go
online to mydss.mo.gov/food-assistance

Refried Beans Tips

- Refried beans are a pre-cooked, pureed bean mixture that can be used in fillings, spreads, or dips.
- Refried beans can be used in place of cooked, dried beans in any recipe where the beans will be mashed.
- Canned beans come in various flavors, like spicy jalapeno, green chile and lime, or refried black beans.
- The beans come in both non-fat and fat added varieties, as well as no salt or low sodium options.
- Draining and rinsing canned beans can help reduce the salt content.
- Consider whether you prefer smooth or chunky beans, as this may influence your choice of brand and how you plan to use them.
- Store in a cool, dry place. Check the "best by" date on the can for longer shelf life.
- To cook, empty the can into a saucepan or microwave-safe bowl and heat gently, stirring frequently. Add a splash of water or broth to thin the beans if desired.
- To add flavor consider adding any or several of the following: sautéed onions and garlic, lime juice, cheese or spices like chili powder, cumin, oregano, and cayenne pepper.
- Transfer leftover beans from the can to an airtight container for refrigerator storage for up to 3-5 days.
- For longer storage, freeze beans in an airtight container for up to 3 months, adding a little olive oil to help prevent freezer burn.
- Thaw frozen beans overnight in the refrigerator or gently warm on the stovetop with a splash of water. Avoid refreezing thawed beans as it changes the texture, making them less edible.
- Discard beans if you notice mold, a bad smell, or a slimy texture.