

Recipes Using Canned Refried Beans



Neighbors, Inc., South St. Paul, MN 55075

Refried Beans and Rice

You will need:

1 (15 oz.) can refried beans	1 lb. ground beef	$\frac{1}{2}$ cup chopped green pepper
1 package taco seasoning	$\frac{3}{4}$ cup water	1 (8 oz.) can tomato sauce
1 (16 oz.) can kidney beans, rinsed and drained	1 onion, chopped	1 (14.5 oz.) can stewed tomatoes
1 cup instant uncooked rice	Cheddar cheese and chopped green onions, optional	

Instructions:

- In a large skillet, cook the beef, onion, and green pepper over medium heat until meat is no longer pink.
- Drain. Add taco seasoning and water. Simmer, uncovered, for 10 minutes.
- Add the kidney beans, tomatoes, and tomato sauce. Bring to a boil. Reduce heat; add rice.
- Cover and let stand for 5 minutes or until rice is tender. Warm refried beans in a saucepan.
- Spread refried beans on top of mixture. Sprinkle with cheese and onions, if desired.

Zesty Refried Beans

You will need:

1 (15 oz.) can refried beans	1/3 cup sour cream	1 tbsp. hot sauce
1 cup Monterey Jack cheese		

Instructions:

- In a medium sized bowl, combine the refried beans, sour cream, and hot sauce.
- Preheat oven to 400 degrees F. Pour into a glass pie pan or 9x9-inch glass baking dish.
- Bake for 10 minutes or until hot and bubbly. Remove and stir well. Top with grated cheese.
- Heat in oven for 3 minutes or until cheese is melted. Serve with tortilla chips or as a side dish with rice.

Refried Bean Soup

You will need:

1 (15 oz.) can refried beans	1 (15 oz.) can whole kernel corn, drained	1 (14.5 oz) can chicken broth
1 (15 oz.) can black beans, rinsed and drained	1 (14.5) oz. can stewed tomatoes, cut up	
1 (4 oz.) can chopped green chilis	$\frac{1}{2}$ cup water, (add more if needed)	$\frac{1}{4}$ cup salsa
tortilla chips	salt to taste	

Instructions:

- In a large saucepan, combine the first eight ingredients. Bring to a boil. Reduce heat.
- Simmer, uncovered, until heated through; about 8 - 10 minutes. Serve with tortilla chips.

Breakfast Power Muffins

You will need:

1 (15 oz.) can refried beans	2 eggs	$\frac{1}{4}$ cup vegetable oil
$\frac{1}{2}$ cup packed brown sugar	2 cups all-purpose flour	1 tsp. baking soda
1 tsp. baking powder	1 tsp. ground cinnamon	1 cup chunky applesauce
1 cup raisins	$\frac{1}{2}$ cup chopped pecans or walnuts	

Instructions:

- . Preheat oven to 375 degrees F. Spray inside of muffin (12 individual cups per tin) with cooking spray.
- . You could line muffin tin with muffin papers. Lightly spray inside of muffin papers.
- . Place beans in processor or blender. Process until finely chopped.
- . You could also mash them with a fork or an electric mixer. Add eggs and oil. Process until well blended.
- . Add sugar and process until smooth. In a bowl, mix flour, baking soda, baking powder, and cinnamon.
- . Blend well with bean mixture. Add applesauce to bean/flour mixture. Stir just until moistened.
- . Fold in raisins and nuts. Spoon or scoop into muffin cups, filling until almost full.
- . Bake 18 - 20 min. until golden brown and tops are set. Cool in pan for 5 minutes. Remove to cooling rack.
- . Muffins are best if eaten while still warm.

Stuffed Peppers

You will need:

1 (15 oz.) can refried beans	4 bell peppers, your choice of kind, halved and seeded		
2 cups cooked rice	2 tbsp. lime juice	$\frac{1}{4}$ fresh cilantro, chopped	salt and pepper to taste
2 cups mild Cheddar cheese, grated or shredded			

Instructions:

- . Preheat oven to 375 degrees F. Place peppers, skin side down in an oven safe baking dish.
- . Mix refried beans, rice, and lime juice together in a bowl. Stuff peppers with bean/rice mixture.
- . Mix cheese and cilantro together in a small bowl. Sprinkle over peppers.
- . Bake 15 - 20 minutes or until cheese is melted and peppers are tender.

Pinto Bean Cake

You will need:

1 (15 oz.) can refried beans	1 cup white sugar	$\frac{1}{4}$ cup butter or margarine
1 egg	1 tsp. vanilla extract	1 cup all-purpose flour
1 cup raisins	1 tsp. baking soda	$\frac{1}{2}$ tsp. salt
1 tsp. ground cinnamon	$\frac{1}{4}$ tsp. ground cloves	$\frac{1}{2}$ tsp. ground allspice
$\frac{1}{2}$ cup chopped pecans or walnuts	2 cups diced apples without peel	

Instructions:

- . Preheat oven to 375 degrees F. Grease one 9 or 10-inch tube pan.
- . Cream butter and sugar together. Add the beaten egg and mix well. Stir in the beans and vanilla.
- . Sift the flour, baking soda, salt, ground cinnamon, ground cloves, and ground allspice together in a bowl.
- . Add the chopped nuts, raisins, and diced apples to the flour mixture. Stir to coat.
- . Pour the flour mixture into the creamed mixture and stir until just combined.
- . Pour batter into the prepared pan. Bake for 45 minutes or until toothpick comes out clean.
- . Dribble with a simple confectioner's sugar icing and garnish with nuts, fruit, and/or raisins; optional.