



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

### 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.

### Super Easy Refried Bean Dip

**You will need:**

1 (15 oz.) can refried beans	$\frac{2}{3}$ cup salsa	4 oz. cream cheese
$\frac{1}{2}$ cup sour cream or Greek yogurt	thinly sliced green onions	

**Instructions:**

- Add ingredients to microwave-safe bowl. Heat on high for 1 minute. Stir.
- Continue heating in increments of 30 seconds until you are able to completely combine the ingredients.
- If desired, top with green onions. Serve warm with tortilla chips.

### Tasty Taco Salad

**You will need:**

1 (15 oz.) can refried beans	1 lb. ground beef	1 packet taco seasoning mix
1 cup Romaine lettuce, chopped	$\frac{1}{2}$ cup cherry tomatoes, sliced	$\frac{1}{4}$ red onion, sliced
$\frac{1}{2}$ cup shredded Mexican cheese	$\frac{1}{2}$ cup sour cream	tortilla chips and salsa, optional
black olives, optional	lime wedges	

**Instructions:**

- Brown ground beef until no longer pink and drain.
- Blend in taco seasoning with  $\frac{1}{4}$  cup water. Bring to a boil and then simmer.
- Heat the refried beans until softened and spreadable.
- Layer the serving bowl with the ground beef mixture.
- Add a layer of the warmed refried beans then add the lettuce.
- Top with a sprinkling of tomatoes, black olives, sliced onion, and shredded cheese.
- Add lime wedges. Serve with a dollop of sour cream.

## Refried Bean Tostados

### You will need:

1 (15 oz.) can refried beans	$\frac{1}{4}$ cup chopped onion	1 (12) oz. package of seasoned taco mix
1 package of tostada shells, warmed	2 cups shredded lettuce	$\frac{1}{2}$ cup shredded Cheddar cheese
$\frac{1}{3}$ cup sliced black olives	2 ripe avocados, sliced	$\frac{3}{4}$ cup sliced tomatoes
cooked and shredded chicken breast meat, optional		$\frac{3}{4}$ cup taco sauce

### Instructions:

- . Combine beans, onion and seasoning mix in a medium sauce pan.
- . Cook, stirring frequently, for 4 - 5 minutes or until heated through.
- . Spread  $\frac{1}{4}$  cup bean mixture over each shell.
- . Add shredded lettuce and shredded Cheddar cheese.
- . Add cooked and shredded chicken on top, optional.
- . Top with sliced black olives, tomatoes and avocado.
- . Drizzle taco sauce over mixture.

## Mexican 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
2 cups mild Cheddar cheese, grated or shredded		salt and pepper to taste
		1 - 2 jalapenos, sliced; optional

### 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 45 - 60 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.