



Refried Beans, Canned, Low-Sodium

MyPlate Food Group: **Protein or Vegetable**



Nutrition Information

- ½ cup of refried beans counts as 2 ounces in the Protein group or as ½ cup in the Vegetable group on ChooseMyPlate.gov.
- Refried beans are low in fat, calories, and sodium and do not contain cholesterol.
- Refried beans are a good source of plant protein.
- For specific information about refried beans, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- Refried beans are a pre-cooked, pureed bean mixture that can be used in fillings, spreads, or dips.
- Refried beans have a mild flavor profile that includes tomato, garlic and jalapeño flavoring ingredients.
- Refried beans can be used in place of cooked, dried beans in any recipe where the beans will be mashed.

Storing Foods at Home

- Store unopened refried beans in a cool, clean, and dry place.
- After opening, take any unused refried beans out of the can and store them in a tightly covered container in the refrigerator.

MyPlate Facts

- Beans supply many nutrients such as protein, iron, zinc, and magnesium.
- Proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood. It is good to eat foods with iron and Vitamin C at the same time because Vitamin C helps the body use iron properly. Vitamin C can be found in many foods including fruits and vegetables.
- Zinc helps the immune system work properly.
- Magnesium is used to build strong bones and release energy from muscles.



USDA Foods

Terrific Bean Tacos

Makes 8 servings

Ingredients:

- 1 small onion, chopped
- 2 teaspoons vegetable oil
- 1 can (16 ounce) low-sodium refried beans
- 8 taco shells or flour tortillas, wheat or white
- 1 cup low-fat cheese, shredded (cheddar)
- 1/4 lettuce, chopped
- 2 tomatoes, medium, chopped, or 1 cup canned low-sodium diced tomatoes, drained
- 2 tablespoons taco sauce or salsa (optional)

Directions:

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

SNAP-Ed Recipe. Food and Nutrition Service. United States Department of Agriculture.

Bean Dip

Makes 12 servings

Ingredients:

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

Directions:

1. Preheat oven to 350 degrees F.
2. In a skillet, combine 1 cup of the tomatoes, all of the refried beans, 1/2 can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
3. Spoon mixture into 8x8-inch baking dish. Top with remaining corn and tomatoes. Sprinkle with cheese.
4. Bake 5 to 10 minutes, or until cheese is melted. Serve warm with tortilla chips.

SNAP-Ed Recipe. Food and Nutrition Service. United States Department of Agriculture.