

# Garlic Pinto Beans

**Makes:** 4 Servings

Beans are yummy! Serve garlic pinto beans with rice, or vegetables.

## Ingredients

**2 tablespoons** vegetable oil

**6 cloves** garlic (sliced)

**1 cup** onion (thinly sliced)

**2 cans** low-sodium pinto beans (rinsed, about 30 ounces)

**1/2 teaspoon** dried oregano

**3/4 cup** water

**3/4 teaspoon** salt

**1/2 teaspoon** black pepper

## Directions

1. In skillet, heat oil and cook garlic and onions, stirring occasionally, until tender (about 2 minutes)
2. Add pinto beans, oregano, water, salt and pepper.
3. Simmer, stirring occasionally, until the beans are heated through (about 4 minutes)
4. Heat for 2 to 3 minutes on medium heat.

**Source:** Recipe adapted from Realsimple.com.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>180</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>180 mg</b>
<b>Total Carbohydrate</b>	<b>38 g</b>
Dietary Fiber	5 g
Total Sugars	23 g
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	51 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	