

Cheesy Pinto Beans

INGREDIENTS

- 2, 15oz cans pinto beans
- 1 jalapeno, finely diced, optional
- 2 teaspoons minced garlic
- 1 tablespoon cooking oil of choice
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon cumin
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon hot sauce
- $\frac{1}{2}$ cup low-fat shredded cheddar cheese

20 MINUTES
4 SERVINGS



adapted from:
budgetbytes.com



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PROCEDURE

1. In a large pot, heat cooking oil over medium heat. Add garlic and jalapeno. Heat for about 1 minute, or until garlic is fragrant.
2. Add one can of pinto beans with liquid to blender. Blend until smooth.
3. Drain and rinse second can of pinto beans.
4. Add pureed beans and drained beans to the large pot. Add paprika, cumin, black pepper, and hot sauce, Stir to combine and heat through.
5. Add shredded cheddar cheese and stir until it has melted smoothly into the beans.
6. Serve over rice or with your favorite meal.

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