

Fiesta Beans

Ingredients

- 1/3 cup jalapeno pepper
- 5 tsp onion
- 5 tsp cilantro
- 1-1/8 cups canned pinto beans, low sodium
- 2 tbsp canned salsa, low sodium
- 2-5/8 tsp ketchup, low sodium
- 5/8 tsp black pepper
- 1 tsp taco seasoning mix

Directions

1. Wash and chop all fresh produce (fine dice jalapeno).
2. Place all ingredients into a 12 x 20 inch pan and stir until all ingredients are fully incorporated.
3. Cover with foil and bake in a 350°F oven for 30 minutes or until internal temperature reaches 165°F.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 68 calories, 0.56 g fat, 0.12 g saturated fat, 133 mg sodium, 12.65 g carbohydrate, 3.58 g fiber, 1.5 g sugar, 3.34 g protein

