

LOW FAT FRIJOLES (MEXICAN BAKED BEANS)

1 pound dried pinto beans
5 cups water
1 medium onion, peeled and diced
1 teaspoon salt

Rinse beans and clean debris. Place beans and onion in a large pot with the water. Cover and simmer over low heat for at least 2 1/2 hours. Or use a slow-cooker such as a crock pot for overnight cooking. (Note: Do not soak beans prior to cooking.) Add salt when the beans are done cooking.

10 servings Serving Size: 2/3 cup
Exchanges: Starch/bread 2 Per Serving:
Cal 161
Fat 0.6 (gm)
Na 219 (mg)
Fiber 9.1 (gm)
Pro 10 (gm)
Cho 30 (gm)
K 634 (mg)
Chol 0 (mg)

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