

Lo Salt Refried Beans

1 tbsp ground cumin
1 tbsp ground coriander
1 can no salt added pinto beans, drained not rinsed, reserve 1/4 cup of liquid.
1 tsp garlic powder

puree all ingredients in a food processor. Put puree into a pan and heat over low heat, adding reserved liquid or water until the desired thickness.

20 mg of sodium for the entire batch.