



Growing connections to fresh food.

# Refried Beans with Pumpkin

Inspired by “Refried Beans”  
on FoodNetwork.com’s “50 Canned Pumpkin Recipes”

## Ingredients:

- 1 small onion, chopped
- 2 15-ounce cans pinto or black beans
- 15-ounce can pumpkin
- 2 cups water
- 1 tablespoon oil

## Method:

1. In a medium saucepan, sauté onion until browned.
2. Add beans and water, simmer until thickened.
3. Add 1 cup pumpkin and mash.

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