

MEXICAN

Refried Beans

PREP

15 Minutes

COOK

1 Hour

SERVES

6 Servings



Ingredients

- ☐ 2 Large Cans of Pinto Beans
- ☐ 1 Tablespoon Vegetable Oil
- ☐ 1/2 Finely Diced Onion
- ☐ 2 Finely Diced Cloves of Garlic
- ☐ 1 Teaspoon of Cumin
- ☐ 1/2 Teaspoon of Salt
- ☐ Pepper to taste

Instructions

- 1** Thoroughly Drain and Rinse the Pinto Beans in a colander.
- 2** Add Pinto Beans to pot.
- 3** Fill the pot with water to the top of the beans so that they are fully submerged.
- 4** Add the rest of the ingredients to pot.
- 5** Cook on medium (very low boil) for 1 1/2 hours.
- 6** When most of the water is cooked out, mash the bean in the pot to desired consistency.
- 7** Turn off heat and cover till time to serve.

Tips

- For added flavor and texture substitute rendered bacon fat for the vegetable oil.
- For additional spice, add in finely chopped jalapenos.