

Easy Refried Beans

Quick and easy homemade refried beans! These beans are soft, flavorful, and good enough to eat all by themselves!

Yield:

about 2 cups

Ingredients:

2 cups cooked pinto beans*
2 tablespoons oil
1 small clove garlic, minced
1 tablespoon chopped onion
1 tablespoon chopped green pepper
1/4 teaspoon ground cumin
~1/2 cup water, as needed
Salt, to taste
Your favorite hot sauce, to taste
Chopped fresh cilantro, optional

Instructions:

1. Heat heavy skillet or pan (I use cast iron) over medium heat. Add oil, then add beans, garlic, onion, pepper, and cumin. Cook and stir, mashing with a spoon or spatula as you stir and adding a little water as needed.

2. Cook until beans are hot and as smooth as desired (I like mine chunky!). Add salt to taste and a few splashes of hot sauce along with freshly chopped cilantro if desired.

Serve hot with tortilla chips for dipping, or use in any recipe calling for refried beans.

