

# 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.

