

Easy Refried Beans

Traditionally, refried beans are made from pinto beans. This version also incorporates red kidney beans for an interesting alternative.

This quick and easy recipe is perfect for busy weeknight meals or whenever you want a healthy, meatless side dish for your favourite Mexican or Tex-Mex entrees.

Prep time: 10 minutes

Cook time: 15 minutes

Serves: 4

Tip: For a more flavorful and authentic variation, substitute bacon grease for the olive oil in this recipe.

Ingredients:

3 T. extra virgin olive oil

$\frac{1}{2}$ medium yellow onion, diced

2 garlic cloves, minced

Sea salt and black pepper, to taste

2 16-oz. cans pinto beans, rinsed and drained

1 15-oz. can red kidney beans, with liquid

1 T. ground cumin

1 t. chilli powder

$\frac{1}{2}$ t. smoked paprika

Optional:

$\frac{1}{2}$ t. crushed red pepper flakes

Fresh cilantro, to serve

Directions:

Heat olive oil in a large skillet over medium-high heat. Add onion and garlic and season with salt and black pepper, to taste. Cook, stirring occasionally, until the onion is soft and translucent, approximately 4-5 minutes.

Reduce heat to medium and add beans, ground cumin, chilli powder, smoked paprika, and crushed red pepper flakes, if using. Cook, stirring occasionally, until the beans are heated through and start to break apart slightly, approximately 8-10 minutes.

Remove from heat and puree beans with an immersion blender or a potato masher until almost smooth. Serve topped with fresh cilantro, if desired. Enjoy!