

# Easy Refried Beans

How to make Easy Refried Beans just like your favorite Mexican restaurant, but even better! Includes stovetop, slow cooker and canned beans instructions.



4.2 from 47 votes

Prep Time	Cook Time	Total Time
15 mins	2 hrs	2 hrs 15 mins

Course: Side Cuisine: Mexican Servings: 5 servings

Calories: 175kcal Author: Isabel Eats

## Ingredients

- 1/2 pound dried pinto beans (about 1 cup dried)
- 1/2 large yellow onion, cut into large chunks
- 1 teaspoon dried oregano
- 1 teaspoon coarse kosher salt
- 1 pinch black pepper
- water, enough to cover the beans at least 2 inches
- 2 tablespoons olive oil
- 2 teaspoons minced garlic (about 4 cloves)
- 1 jalapeno, diced
- 1 tablespoon lime juice (about the juice of 1/2 lime)
- 1 teaspoon smoked paprika

## Instructions

### To cook the beans on the stovetop

1. In a large pot, add in the dried beans, onions, oregano, salt and black pepper. Add in enough water to cover the beans at least two inches or more.
2. On high heat, bring contents to a boil. Reduce heat to simmer, cover and cook until beans are tender, about 1 1/2 to 2 hours. Taste and season with more salt if necessary.
3. Drain beans, reserving the bean water. You should have about 3 cups of cooked beans. Continue to the pan fry instructions.

### To cook the beans in the slow cooker

1. Add dried beans, onions, oregano, salt and black pepper into the slow cooker. Add in enough water to cover the beans at least two inches or more, cover and cook on low for 6-7 hours or on high for 3-4 hours until the beans are tender.
2. Drain beans, reserving the bean water. You should have about 3 cups of cooked

beans. Continue to the pan fry instructions.

### To use canned cooked beans

1. Open 2 15-ounce cans of cooked pinto beans and drain water. Continue to the pan fry instructions.

### To pan fry the beans

1. In a pot or a large skillet, heat olive oil over medium-high heat. Add garlic, jalapenos and cook, stirring occasionally, until jalapenos begin to soften, about 5 minutes.
2. Add in beans and cook for 2 more minutes. Add 1/2 cup of the reserved bean water (or chicken/vegetable stock if using canned beans) and mash the beans to form a chunky paste using a **bean/potato masher**. If you want your beans smoother and creamier, use an **immersion blender** to puree until it's the consistency you want.
3. Reduce heat to medium and lime juice and smoked paprika. Stir and cook, until beans are heated through. Add more water one tablespoon at a time if the beans are too thick.
4. Taste, season with salt if necessary and serve.

### Notes

**Storage and reheating:** Refried beans will last about a week in an airtight container in the fridge. When reheating the beans on the stovetop or in the microwave, add a tablespoon of water or stock to help keep the beans moist.

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## Nutrition Facts

Easy Refried Beans

Amount Per Serving (1 serving)

**Calories** 175                      Calories from Fat 54

**% Daily Value\***

**Fat** 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 4g

**Cholesterol** 0mg **0%**

**Sodium** 335mg **14%**

**Potassium** 220mg **6%**

**Carbohydrates** 29g **10%**

Fiber 7g **28%**

Sugar 2g **2%**

**Protein** 9g **18%**

**Vitamin A** 50IU **1%**

**Vitamin C** 14.9mg **18%**

**Calcium** 60mg **6%**

**Iron** 2.5mg **14%**

\* Percent Daily Values are based on a 2000 calorie diet.

## Nutrition

Serving: 1serving | Calories: 175kcal | Carbohydrates: 29g | Protein: 9g | Fat: 6g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0g | Cholesterol: 0mg | Sodium: 335mg | Potassium: 220mg | Fiber: 7g | Sugar: 2g | Vitamin A: 50IU | Vitamin C: 14.9mg | Calcium: 60mg | Iron: 2.5mg

Easy Refried Beans <https://www.isabeleats.com/authentic-mexican-refried-beans/>