

Refried Beans

[Cooking Jockey](#) [2020 Menu](#) [Cooking Jockey Dish](#)

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Ingredients

- 1 tablespoon olive oil
- ½ yellow onion, chopped
- 3 cloves garlic, minced
- 30 oz pinto beans, rinsed and drained
- ½ cup vegetable broth
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ¼ teaspoon dried oregano
- Kosher salt and black pepper, to taste
- Fresh lime juice and cilantro, optional

Process

In a large saucepan, heat the olive oil over medium-high heat. Add the onion and sauté for 5 minutes, stirring occasionally, until softened. Add the garlic and sauté for 2 more minutes.

Add the pinto beans, vegetable broth, cumin, chili powder, and oregano. Stir and cook for 2 to 3 minutes.

Remove the pan from the heat. Use an immersion blender, potato masher, or a wooden spoon to mash the beans to your desired consistency. You can also transfer the bean mixture to a food processor and blend if you like really smooth refried beans.

Season with salt and pepper, to taste. You can also add in a little fresh lime juice and fresh cilantro, if desired. Serve the refried beans warm!

Nutrition

Servings:

Calories:

Fat:

Carbs:

Protein: