

Refried Beans

#cooking/recipe

#2020/March

#cooking/side 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: