

Refried Black Beans

30-40 mins

INGREDIENTS

- 2 Tbsp olive oil
- 1 onion, diced
- 5 garlic cloves, minced
- 2 cans black beans, drain only one can
- 1/4 cup green chiles (or swap w/ salsa verde)
- 2 tsp oregano
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp chili powder
- 1/2 tsp chili flakes
- ground black pepper to taste
- salt to taste

STEPS

1. Heat oil in a medium saucepan. Add garlic and smash. Toss in oil until slightly browned but not burnt. Add onion and cook until softened.
2. Add beans and liquid from one can, green chiles, seasonings, and butter. Liquid should be level or slightly higher than the beans. Add. stock/broth/water if liquid is too low
3. Simmer about 20-30 mins, stirring occasionally until liquid has reduced by about half.
4. Taste, add salt if needed, then immersion blend to desired consistency.
5. Optional: Mix some grated cheese into the beans at the end to thicken slightly and add flavor.