

Quick and Easy Refried Beans

Ingredients

- 3 Tablespoons extra virgin olive oil
- 1 small yellow onion, diced
- 3 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 Tablespoon ground cumin
- 1- 1.5 teaspoons chili powder (depending on the heat you prefer)
- 1/2 - 1 teaspoon smoked paprika (personal preference - start on the light end and add more as needed)
- Optional:
 - 1/2 - 1 teaspoon crushed red pepper flakes
 - 1 jalapeno pepper, finely diced (remove seeds to reduce heat)
 - Fresh cilantro as garnish

Instructions

1. Heat your large skillet over medium-high heat before adding olive oil.
2. Add the onion and allow it to cook for 2-3 minutes until it starts to soften
3. Add the garlic along with the salt and pepper.
4. Continue cooking another 2 to 3 minutes until the onion is soft and translucent.
5. Lower the heat to medium and add all of the beans, ground cumin, chili powder, smoked paprika, and crushed red pepper flakes and jalapeno, if using them.
6. Allow the mixture to simmer, stirring occasionally, until the beans start to break apart slightly, approximately 8-10 minutes.
7. Remove from heat and puree beans with an immersion blender or a potato masher until almost smooth.
8. Serve topped with fresh cilantro or jalapeno if desired.

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Recipe posted from Simply Sherryl