



Refried Beans

INGREDIENTS:

½ cup	Onion
½ teaspoon	Cumin
¼ teaspoon	Oregano, dried
1 teaspoon	Sea salt
4 cups	Water
Pinch	Black pepper
½ cup	Bean juice (after you have cooked the beans)
2 cups	Pinto beans

PREPARATION:

- Remove beans from bag and rinse in colander.
- Place beans in container and fill container with about four cups of water.
- Let sit overnight.
- Drain off water and re-rinse beans one more time.
- Fill sauce pot with four cups of water and add beans.
- Cook slowly at medium heat.
- Once beans have been cooked half way through, add salt.
- When beans are done cooking, drain off water and reserve about 1/2 cup of the bean juice.
- Mince onion in food processor.
- Sauté onions. Meanwhile, place beans in food processor to make a smooth paste.
- After onions are translucent, add pureed beans, cumin, pepper, and a pinch of salt.
- Then, slowly add your bean juice to adjust the consistency
- Enjoy your beans in tacos, burritos, quesadillas, soups, or just as a side dish!

Number of servings:	4
Serving size:	½ cup
Calories:	160
Fat grams:	0

