REFRIED BEANS

SERVES 6

Cook time: 2½ hours

INGREDIENTS

2 cups uncooked pinto beans
½ cup oil
½ teaspoon garlic powder
Salt to taste

DIRECTIONS

1. Rinse beans and check for debris. Place in a large pot and fill with water.
2. Bring beans to a boil, then reduce to a slow simmer for 2 hours. If water level gets low, replace with more boiling water.
3. When beans are extremely soft, prepare a large skillet by heating oil over medium heat.
4. Using a slotted spoon, add in about ½ cup of beans and mash with back of spoon or mashing utensil. If mixture seems thick, add about 1 tablespoon of the cooking liquid from the beans.
5. Continue to add beans and mash together, adding liquid as necessary.
6. Once all beans are mashed to desired consistency, add garlic and salt to taste.

WAYS FOR KIDS TO HELP

• MASHING BEANS is a fun task for children when making refried beans.
• CHILDREN CAN measure out and “dump” ingredients.

SIMPLY GOOD EATING

© 2011 Regents of the University of Minnesota. All rights reserved. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this material is available in alternative formats upon request. Direct requests to 612-625-8260. Printed on recycled and recyclable paper with at least 10 percent postconsumer waste material.