

REFRIED BEANS

INGREDIENTS:

❖ Pinto beans (dry)	2 ½ Cups
❖ Water	3 Quarts
❖ Onion (chopped)	½ Cup
❖ Bacon Fat*	2 TBSP
❖ Water	¼ Cup
❖ Salt	to taste
❖ Cheese (grated)	½ Cup

* Pork lard or olive oil may be used but I prefer Bacon Fat for flavor

METHOD:

1. Rinse the beans in water and remove any small stones, pieces of dirt, or bad beans.
2. Put beans into a pot and cover beans with at least 3 inches of water - about 3 quarts for 2 1/2 cups of dry beans.
3. Bring to a boil.
4. Remove from heat cover allow to stand until all beans have stopped floating.
5. Bring to Simmer and simmer about 1 hour. *The cooking time will vary depending on the batch of beans you have. The beans are done when they are soft and the skin is just beginning to break open.*
6. Strain the beans from the cooking water.
7. Add the onions and lard/fat/oil to a wide, sturdy (not with a flimsy stick-free lining) frying pan on medium high heat. Cook onions until translucent. (Note the onions are optional, you can skip them if you want.)
8. Add the strained beans and about a 1/4 cup of water to the pan. Using a potato masher, mash the beans in the pan, while you are cooking them, until they are a rough purée. Add more water if necessary to keep the fried beans from getting too dried out.
9. Add salt to taste.
10. Add Cheese
11. When beans are heated through (and optional cheese melted) the beans are ready to serve.

