



Recipe for Refried Beans - Frijoles Refritos - PDF

<https://agreenmouse.com/recipe-for-refried-beans-frijoles-refritos/>
<https://youtu.be/vbyOrrsnVTo>

Traditional refried beans are cooked slowly for hours.

This recipe takes a short cut and uses tinned beans which makes them much quicker to make and still delicious.

Ingredients:

1-2 tbsp sunflower oil
2 onions - chopped
4 garlic cloves - crushed
2x 400g cans kidney beans
500g carton of tomato passata
2 tsp cumin
4 tsp paprika
1 red pepper
1 beef stock cube - crumble between fingers
juice of one lemon

Method:

Heat the oil in heavy casserole over direct heat.

Stir fry the onions and garlic until soft.

Stir in the kidney beans, chopped red pepper and tomato passata.

Add the cumin, paprika and crumbled stock cube

Stir in the lemon juice

Bring to the boil and then simmer gently on a low heat or place in a pre-heated oven at 170C for 1 hour.

Purée the cooked beans using a handheld blender or a potato masher.

Serve hot sprinkled with grated cheddar cheese, a few chopped coriander leaves, a spoonful of sour cream perhaps, and some tortilla chips.

It is also delicious to heat, chop and add a few pieces of chorizo to the dip just before serving.

Suitable for freezing: Store in small freezer bags for use when required.

(For a more traditional version of this recipe, replace the passata, lemon juice and stock cube with water, salt and a few slices of bacon or chorizo).

