



Refried Beans



Ingredients:

- 2 Tbsp unsalted butter
- ½ yellow onion finely diced
- ½ tsp kosher salt
- 2 cloves garlic minced
- ¾ tsp chili powder
- ¼ tsp ground cumin
- ¼ tsp garlic powder
- 4 cups pinto beans cooked, fresh is best but canned works too
- ¼ - ⅓ cup low-sodium chicken broth
- 1 Tbsp lime juice fresh
- Tbsp fresh cilantro chopped
- Cotija cheese for garnish, optional

Method:

1. In a medium saucepan set over medium heat, add the butter. Once hot, add the onions and salt. Sauté onions until soft, about 3-4 minutes, then add the garlic and continue cooking for an additional minute.
2. Add chili powder, ground cumin, garlic powder, beans, broth, and lime juice. Cook for 10 minutes.
3. Use a potato masher or an immersion blender to mash half of the beans (more if you prefer a creamy consistency). You may need to add a splash of chicken broth if the mixture becomes too thick. Continue to cook the beans for five more minutes, stirring frequently.
4. Remove from heat, garnish with cilantro and Cotija cheese, if desired.