

Refried Beans (Frijoles Refritos)

Ingredients:

- 1 tablespoon olive oil or lard
- 1/2 cup finely chopped onion
- 2 teaspoons finely chopped garlic
- 2 cups Frijoles (plus 3/4 cup liquid)

Directions:

1. Heat 1 tablespoon olive oil or lard in large skillet over medium-high heat.
Add 1/2 cup finely chopped onion and cook 2 to 3 minutes, until browned.
2. Add 2 teaspoons finely chopped garlic and cook 30 seconds.
Add 2 cups cooked beans and 1/3 to 1/2 cup bean liquid to skillet.
(Or, microwave 2 cups refrigerated beans and 1/2 cup bean liquid on High, 2-3 minutes, until room temperature, and add to skillet.)
3. Mash beans and liquid coarsely with back of wooden spoon or potato masher.
Cook 1 to 2 minutes more, until heated through, adding more bean liquid or water if needed.
Transfer beans to a food processor.
Process just until smooth.

Makes 4 servings