Refried Beans

- 2 cups dry pinto beans
- 4 tablespoons olive oil
- 1 to 2 medium onions, chopped
- 4 ounces diced green chile peppers
- 4 cloves garlic
- 2 teaspoons ground cumin
- 1/4 teaspoon black pepper
- 1/4 teaspoon coriander

Soak beans for a couple hours, then boil for an additional hour or two, until soft (checking water level periodically). Mash thoroughly with wooden spoon.

Heat olive oil in skillet. Add the onions, the chiles, the garlic, and the cumin. Cook until the onions are translucent, cover and simmer for another 5 to 10 minutes.

Add the vegetables to the pinto beans, and add pepper and coriander. Keep the beans hot in a medium oven til ready to serve.

Serves: 6

Preparation time: 60 minutes

Subscriptions (1)=

©1992-2014 by Scott David Gray

Source URL: http://kitchen.unseelie.org/node/72