

Refried Beans

Swick

Serves 1 | Active Time: 1 hour | Total Time: 1 hour

Preparing the Beans

First, gather and prepare your mise en place.

*Note: For added flavor, use this [Basic Black Beans Recipe](#), to make the refried beans with.

In a hot fry pan, add the oil. Add the onions and reduce the heat to medium, sautéing them until they are translucent and golden, then add the garlic. *If omitting oil, add onions to a hot, dry pan and move them around rapidly. Once they begin to stick and begin to turn translucent, add the vegetable stock to deglaze and help caramelize the onion, then add the garlic.

Next, add the cumin and jalapeño. Stir for a few minutes until aromatic. Add beans and all the vegetable stock and bring to a simmer. Simmer for a few minutes to make sure the beans are soft enough to crush them between your fingers, signaling they are ready to mash. If the beans need to soften more, add stock and allow to simmer.

Step 1: Preparing the Beans

- 2 tbsp olive oil (for no-oil, substitute 3 tbsp vegetable stock)
- 1/2 cup white onions, diced
- 3 cloves garlic, minced
- 1/2 tbsp ground cumin
- 1/2 jalapeño, seeded and minced
- 2 1/2 cups black beans, cooked and drained*
- 1 cup stock

Step 2: Serving the Refried Beans

- sea salt, to taste
- freshly ground black pepper, to taste

Reduce the heat to medium. Using a masher, mash the beans in the pan until smooth. Season with sea salt and pepper.

Serve as a dip, in wraps or burritos, or serve with corn tortillas with [Salsa Borracha](#) (or salsa of choice), [Guacamole](#), shredded lettuce and a dollop of [Cashew Sour Cream](#).