

Recipe: Refried Beans

From the kitchen of: Coming Youth Center

Ingredients:

1 bag of Pinto beans dry

3 cups water

3 cups veg broth

1tsp garlic powder

2 tbs minced onion

2 tbs oil

1/3 cup cheese

Directions:

Dry or canned pinto beans work.

Boil beans in large sauce pan with water and broth about 40 min

Add in onion and garlic while cooking.

Once beans are mushy and water mixture is mostly gone mash up beans.

Add a pinch of salt continuing to stir.

Once beans are all mashed in a skillet add oil to fried mashed beans

This will take about 5 - 10 minutes. Place in serving bowl.

Add cheese over beans. Ready to eat. Serve Hot.
