

# Simplest Refried Beans

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## Ingredients:

- 5 1/2 cups water or broth
- 1 pound dried beans (kidney, pinto or black beans)
- 1 onion, diced
- 3 cloves garlic, minced
- 1/2 tsp pepper
- 2 tsp chili powder
- 1 tsp cumin
- 1/2 tsp oregano
- 1 tsp salt

## Directions:

Add all ingredients except the salt to the Instant Pot and give it a stir. Close the lid. Make sure the valve is set to Sealing. Hit the Pressure Cook (or Manual) button and use the + and - buttons to get to 40 minutes.

When it beeps that it's done, leave it for a full natural release. This can take up to 25 minutes. When the pin drops, open the lid and use an immersion blender to puree the beans into a creamy consistency. (Or use a blender, food processor or even a potato masher.) It may look a little soupy but don't worry. It will set up and thicken quite a bit within 10 or 15 minutes. Taste and add salt to your liking.

