

Refried Beans

The timing I use for these beans as well as black beans is here:

- Very soft beans: 40-42 minutes
- Soft beans: 35-36 minutes
- Firm beans: 28-30 minutes
- Soaked overnight: 18 minutes



The leftover I either freeze as-is or in the refried beans form. To make that I drain the beans (reserve the liquid), process using an immersion blender or regular blender adding back liquid as required and transferring the purée to a silicone tray. I freeze the tray and store the cubes in a freezer bag. This way it is easier to thaw just a couple of cubes for a meal.

Ingredients

Dry Pinto Beans 1 1/2 cups
Onion 1/2 medium, diced
Garlic 1-2 cloves, minced
Jalapeño 1 tsp, minced
Olive Oil 2 tsp
Cumin Powder 1 tsp
Taco Seasoning 1 1/2 tsp
Salt 1 1/2 tsp
Water 6 cups
Cilantro and sliced jalapeños to top