

Refried Beans

Great-tasting refried beans. Put them in a burrito, on the side, or my personal favorite, on a tostada.

- 2 lbs pinto beans
- 3/4 cup bacon grease
- 1/2 onion (diced)
- 2 garlic cloves (minced)
- 1 can chicken broth
- 1 teaspoon fresh ground cumin
- 1/2 teaspoon chili powder



The night before cooking, dump the beans out on the table, and remove the broken beans and foliage. Rinse the beans in a colander, then put them in a pot, cover with at least 3" of water, and soak overnight.

The next day, strain the beans in the colander, put them back in the pot, and add fresh water to cover to at least 3". Bring to a boil, then reduce. Simmer for 1.5 - 2.5 hours, or until the beans are very soft. Stir occasionally.

While the beans are simmering, simmer the chicken broth to reduce to 1/2 cup. If you had to cook up some bacon to get your bacon grease, deglaze the bacon pan with the broth, then start the reduction simmer.

Once the beans are done, put them in a colander to drain.

Heat up the bacon grease in a large cast iron pan, and cook the onions and salt for 2-3 minutes. Add the garlic and cook for another minute. Add the cumin and chili powder, and cook for another 30 seconds. Add your beans, and smash 'em up with a potato masher. Fry that stuff up for 5-10 minutes, stirring frequently.

Enjoy. :)