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Lifelong Memories Start With Good Company, Good Stories, and a Great Meal

Beef Its Whats For Dinner

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Yield: 8

1x

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Easy Refried Beans (Frijoles Refritos)

5.00 (1 review)



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# How to Make Refried Beans

Whatever method you use choose... add the following

\*Ingredients to the beans for extra flavor.

- 1 & 1/2 tsp salt
- 2 - 3 tbsp olive oil
- 1 tsp minced garlic
- 1 tsp ground cumin
- 1 & 1/2 tablespoons chile powder
- 1/4 cup finely diced onions (optional)



• Place olive oil in a large skillet or

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- Place olive oil in a large skillet or dutch oven on medium heat and saute garlic and onions for 1-2 minutes.
- Stir pinto beans and 1-2 cups of bean broth into the large skillet or dutch oven. Add cumin, chili powder, and salt, and cook until beans are thoroughly heated for about 5 minutes.



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out 5 minutes.

- Allow the beans to lightly boil while mashing. Add more bean broth as needed to get desired consistency to the beans. Stir occasionally.
- Save the leftover bean broth and use it to stir into any beans that may be leftover.

