

INGREDIENTS:

- ½ cup of olive oil
- ½ onion, chopped
- 1 (15 oz) can of unsalted black or pinto beans, drained
- ground cumin
- jalapeño (optional)



Frijoles refritos (refried beans)

Directions

1. Heat the olive oil in a saucepan over medium heat. Sauté the onion in the oil until translucent. Add the beans, cumin, and jalapeño (if desired). Cook for five minutes. Remove from heat and let cool.
2. Once the bean mixture has cooled, use a blender to blend until smooth. Serve on its own, as a taco filling, or with rice.