

Beans, Rice And Everything Nice

Seasoned Refried Beans



beansriceeverythingnice.weebly.com

Ingredients

makes about 3 cups

- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/8-1/4 teaspoon ground chipotle powder
- 1/2 teaspoon salt (optional)
- 1 Tablespoon dried oregano
- 3 cups cooked or 2 cans of beans
drained and rinsed
- 1-1/2 cups water
- handful of cilantro (or parsley), minced

1. Heat a medium-sized saucepan over medium heat. Add the onions and dry saute until lightly browned, adding a splash of water as needed to prevent sticking. Add the minced garlic and jalapeno, and saute for 30 seconds or so. Add the optional salt, spices and oregano. Mix to combine.
2. Add the beans and water, and bring to a boil over medium-high heat. Reduce heat to medium, and simmer, uncovered, for 20-30 minutes, until the water has reduced by half forming a thick gravy. Mash the beans until thick and creamy. Stir in the minced cilantro.