

Refried Black Beans

These creamy and flavorful refried beans are a perfect side dish for your taco night, but they also make a great taco on their own. It is amazing how much flavor is developed in this dish in just 20 minutes.

PREP: 5 minutes

COOK: 15 minutes

SERVES: 4

1 tablespoon of olive oil
½ medium onion, diced
1 garlic clove, minced
½ fresh jalapeño pepper, seeded & minced
1, 15 oz. can of black beans & liquid

¼ teaspoon ground cumin
¼ teaspoon garlic powder
¼ teaspoon Creole seasoning
¼ teaspoon freshly ground black pepper
pinch of salt
1 tablespoon of cilantro, chopped

1. Heat olive oil in a small sauce pan over medium-high heat.
2. Add in diced onions and sauté until tender, about 2-3 minutes.
3. Add the garlic and jalapeño and sauté for an additional minute.
4. Add the can of black beans and its liquid. Add cumin, garlic powder, Creole seasoning, black pepper and salt. Stir well.
5. Bring to high simmer and then reduce heat to medium and cook until liquid is reduced by half, about 10-12 minutes.
6. Mash the beans with the back of a wooden spoon or a potato masher if you would like your beans to have more texture. Blend in a food processor for smooth and creamy refried beans.
7. Serve with fresh cilantro sprinkled on top.

