

Refried Beans

- » ¼ cup (60 ml) butter
- » ¼ cup (60 ml) olive oil
- » ¾ cup (180 ml) chopped onions
- » 2 garlic cloves—minced
- » 4 cups (960 ml) pinto beans—cooked
- » 3 tablespoons chili powder
- » 4 teaspoons ground cumin
- » 2 teaspoons salt
- » Pinch cayenne

1. *Sauté onions and garlic in butter and oil. Add cooked beans to onions and garlic.*
2. *Blend with mixer or blender. Add chili powder, cumin, salt and cayenne. Add water if needed for consistency.*

Flavorful Variations

- * Black beans are a great substitute.



Cayenne

Cayenne pepper has a pungent and fiery flavor. It has been noted to help heal arthritis, psoriasis and works as an anticoagulant.

