

Refried Beans

Ingredients:

- 2 T oil
- 2 T. minced garlic
- 1 small onion, minced (optional)
- 2 -3 c cooked pinto beans
- 1 t cumin
- salt to taste

Directions:

Heat oil in a heavy skillet over medium heat.

Cook garlic and onion until brown 4 to 5 minutes.

Add Pintos and seasonings. Stir and cook until beans are heated, about 5 minutes or so.

Use a potato masher to smash beans to desired texture. Serve while hot.