

*From the kitchen of David and Jennifer Deaven*

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## Sides/Frijoles Refritos

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- A: 2C dry pinto beans  
B: 2T fat  
1 onion, diced  
1t espazote or mexican oregano  
C: 1 onion, chopped  
2T fat  
D: 3c garlic, minced  
E: kitchen bouquet browning sauce  
salt & pepper

1. Soak (A) 6 hours, drain, cover with water, add (B), simmer 2 hours until tender.
  2. Saute (C) in medium heat skillet until starting to caramelize, add (D), saute a few more minutes.
  3. Add beans and mash into skillet. Add bean water as necessary for consistency.
  4. Season and color to taste with (E). Optionally, process until smooth.
- Servings: 6



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