



Refried Black Beans

INGREDIENTS

2 tbsp olive oil
1/2 cup white onion
3 cloves garlic
1/2 jalapeño
1/2 tbsp ground cumin
2 1/2 cups cooked black beans
2 cups low-sodium vegetable stock
Sea salt, to taste
Black pepper, ground

METHOD

1 First, dice the white onion. Mince the garlic. Seed and mince the jalapeño. Measure the cooked black beans and vegetable stock.

2 Heat a pan over medium heat. Add the olive oil. Add the diced onion and cook until translucent and lightly golden. Add the garlic and cook briefly. Add the jalapeño and ground cumin. Stir for a few minutes until fragrant.

Next, add the cooked black beans and the vegetable stock as needed. Bring to a simmer and cook for a few minutes, until the beans are soft enough to mash.

3 Reduce heat to medium. Mash the beans in the pan until smooth. Season with sea salt and freshly ground black pepper. Serve warm.