

Frijoles Refritos

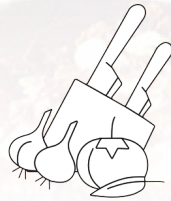
(Refried Beans)

Prep Time: 10 minutes

Cook Time: 30 minutes

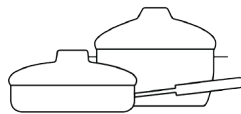
Servings: 8

Fun Fact: A typical meal in Honduras includes rice, beans, tortillas, meat, soup, and salad.



Ingredients

2 cans of red kidney beans	2 tablespoons of chopped green bell pepper
2 tablespoons of ground cumin	4 garlic cloves, minced
6 tablespoons of bacon fat or oil	Salt
2 tablespoons of chopped onion	Grated cheese (optional)



Directions

1. Pour beans (and water from can) in a blender or food processor and blend until smooth.
2. Heat up bacon fat or oil in frying pan.
3. Fry the onions, green bell peppers, and garlic over low heat until soft.
4. Add blended beans and stir in cumin.
5. Stir occasionally and simmer (25 to 30 minutes).
6. Add salt and grated cheese to garnish (optional).