

Refried Beans | No-Oil

Swick

Serves 1 | Active Time: 1 hour | Total Time: 1 hour

Preparing the Beans

First, gather and prepare your mise en place.

*Note: For added flavor, use this [Basic Black Beans Recipe](#), to make the refried beans with.

In a hot fry pan, add the onions and reduce the heat to medium. Dry-sauté until they are translucent and golden, then add the garlic, jalapeño and the cumin. Once the onions begin to stick, add 1/4 cup of the vegetable stock to deglaze and help caramelize the onion.

Add beans and all the rest of the vegetable stock and bring to a simmer. Simmer for a few minutes to make sure the beans are soft enough to crush them between your fingers, signaling they are ready to mash.

Step 1: Preparing the Beans

- 1/2 cup white onions, diced
- 3 cloves garlic, minced
- 1/2 jalapeño, seeded and minced
- 1/2 tbsp ground cumin
- 3 1/2 cups vegetable stock
- 2 1/2 cups black beans, cooked and drained*

Step 2: Finishing & Serving the Refried Beans

- sea salt, to taste
- freshly ground black pepper, to taste

Reduce the heat to medium. Using a masher, mash the beans in the pan until smooth. Season with sea salt and pepper.

Serve as a dip, in wraps or burritos, or serve with corn tortillas with [Salsa Borracha](#) (or salsa of choice), [Guacamole](#), shredded lettuce and a dollop of [Cashew Sour Cream](#).