

Refried Black Beans

Swick

Serves 4 to 5 | Active Time: 1 hour | Total Time: 1 hour

Step 1: Cooking the Beans

- 3 cups black beans, cooked and drained
- 1/2 cup white onions, diced
- 3 cloves garlic, minced
- 1/2 jalapeño, seeded and minced
- 1/2 tsp ground cumin
- 1 1/2 to 2 cups vegetable stock
- 2 tbsp olive oil (for no-oil substitute 3 tbsp vegetable stock)
- sea salt, to taste
- freshly ground black pepper, to taste

To start, prepare first prepare these Basic Black Beans. Alternatively, canned beans can be used but they are generally quite soft so the final result won't be the same.

In a hot frypan, add the oil. Add the onions and reduce the heat to medium, sautéing them until they are translucent and golden, then add the garlic. Note: If omitting the oil, add onions to a hot, dry pan and move them around rapidly. Once they begin to stick and become translucent, add the vegetable stock to deglaze the pan and help caramelize the onions, then add the garlic.

Next, add the jalapeño and cumin and stir to combine and then add the beans and just enough to stock to cover the beans. Bring the beans to a simmer and then let cook and reduce for 10 to 15 minutes — if the mixture looks too dry during cooking, add a bit more stock.

The beans are ready when they are soft enough to crush between your fingers — this indicated that they are ready to mash. At this point, turn the heat off and then mash the beans until you reach the desired consistency.

Lastly, taste for seasoning, adding salt and pepper as desired.

Serve as a dip as is or bake the beans with grated Plant-Based Mozzarella, use in wraps or burritos, with Guacamole, shredded lettuce, salsa, and a dollop of Cashew Sour Cream.