

## INGREDIENTS

- ½ lb Pinto Beans, dried
- 3 cups Water
- 1/3 cup Onion, diced
- 7 cloves Garlic, minced
- 3 tbsp Olive Oil
- ½ tsp Salt
- 1 tsp Ground Cumin
- 1 tsp Ground Oregano

## DIRECTIONS

1. Sort and rinse beans. Place in a crockpot, cover with water and soak overnight for 8 hours.
2. Drain water from beans and rinse again.
3. Place back in crockpot and add water and salt. Cover and cook on low for 10 hours.
4. Reserving liquid, drain beans and place in bowl.
5. Heat oil in skillet and saute onions and garlic over medium heat until tender. Transfer to a blender.
6. Add salt, oregano, cumin, and blend until smooth.
7. Add cooked beans in batches to blender and blend until smooth. Add liquid if needed.
8. Place blended beans on a skillet on medium heat. Stir well and gradually cook until beans reach desired consistency. Add liquid if needed.
9. Garnish with cilantro and/or Queso Fresco.

Developed by Sport Nutrition Alum Renata Altamirano-Garcia.



**Frijoles Refritos (Refried Beans)**

*Dairy-Free | Gluten Free | High Protein | Vegetarian | Vegan*

Yield:  
6 Servings

Prep Time:  
8 Hrs

Cook Time:  
12 Hrs