

Refried Beans

Ingredients

- 1 lb Pinto Beans (dried)
- 7 c Water
- 3 clv Garlic (minced)
- 2 1/2 t Salt
- 1 t Cumin
- 1/2 t Oregano
- 1/2 t Ground Black Pepper
- 2 Bay Leaves
- 3 T Olive Oil
- 0 ds Cayenne Pepper
- 1 Onion (chopped)

Instructions

1. Put the dried pinto beans in a large bowl and cover them with water; pick them over, discarding any malformed or damaged beans. Look for bits of stone or debris. Rinse the beans thoroughly and discard the water.
2. Transfer the beans to the Instant Pot insert. Add water, onion, garlic, salt, cumin, oregano, pepper, bay leaves, olive oil, and a dash of cayenne pepper.
3. Cover the pot, lock the lid, and set the steam valve to "sealing". Choose the bean/chili button and set to 45 minutes.
4. When the beans have finished cooking, let the pressure drop naturally for 20 minutes and then release the steam vent.
5. Discard bay leaves and transfer most of the

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liquid from the beans to a bowl and reserve. Puree beans with an immersion blender. Add some of the reserved liquid, as needed for the desired consistency and reserve the rest for another use. Taste the beans and add more salt, as needed. Serve immediately.