

Refried Beans from KellyintheKitchen

INGREDIENTS

olive oil or bacon fat

2 cloves garlic, minced

1/4 tsp cumin

pinch of red pepper flakes (or more to taste)

2 cans pinto beans, drained

1/2 tsp dried oregano

1/2 cup water or stock (or pork juices from pulled pork)

salt and pepper

optional: shredded cheddar cheese

DIRECTIONS

Heat the oil or bacon fat over medium low and add the garlic. When it's softened, add the cumin and red pepper flakes and stir. Cook until fragrant, about a minute.

Then add the beans, the oregano, and the water or stock. Stir and bring to a simmer.

When the beans are heated through and some of the liquid has cooked away, grab a potato masher or fork and mash the beans to your heart's content.

If the beans are how you like them, turn off the heat. If you want to cook away a bit more of the liquid, turn the heat up to medium high and cook, stirring consistently, until the beans reach desired consistency. Stir in some shredded cheddar cheese if you like. That's all!