



WHATSheATE



Refried Beans



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 2 Tbsp olive oil to taste () (for vegetarian option)
- ☐ 0.5 cup onion chopped
- ☐ 2.5 cups pinto beans dry (1lb or 450g)
- ☐ 6 servings salt to taste
- ☐ 0.3 cup water

Equipment

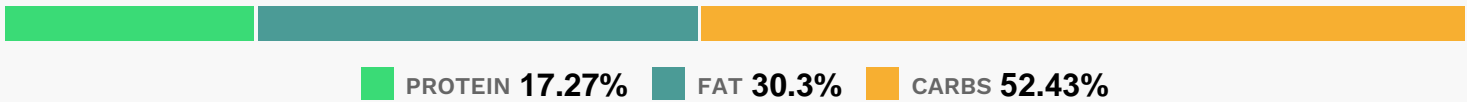
- ☐ frying pan
- ☐ potato masher

☐ pressure cooker

Directions

- ☐ Rinse the beans in water and remove any small stones, pieces of dirt, or bad beans.
2 Cook the beans in water.
Regular method Put beans into a pot and cover beans with at least 3 inches of water – about 3 quarts for 2 1/2 cups of dry beans. Bring to a boil and then lower heat to simmer, covered, for about 2 1/2 hours. The cooking time will vary depending on the batch of beans you have. The beans are done when they are soft and the skin is just beginning to break open.
Pressure Cooker method Put beans into a 4 quart pressure cooker with a 15 lb weight. Fill up the pressure cooker with water, up to the line that indicates the capacity for the pot. Cook for 30–35 minutes – until the beans are soft and the skins are barely breaking open. Allow the pressure cooker to cool completely before opening. If there is resistance when attempting to open the cooker, do not open it, allow it to cool further. Follow the directions for your brand of pressure cooker. (See safety tips on using pressure cookers.)
3 Strain the beans from the cooking water.
- ☐ Add the onions and lard/fat/oil to a wide, sturdy (not with a flimsy stick-free lining) frying pan on medium high heat. Cook onions until translucent. (Note the onions are optional, you can skip them if you want.)
- ☐ Add the strained beans and about a 1/4 cup of water to the pan. Using a potato masher, mash the beans in the pan, while you are cooking them, until they are a rough purée.
- ☐ Add more water if necessary to keep the fried beans from getting too dried out.
- ☐ Add salt to taste.
- ☐ Add a few slices of cheddar cheese, or some (1/2 cup) grated cheddar cheese if you want. When beans are heated through (and optional cheese melted) the beans are ready to serve.
Note that many recipes call for soaking the beans overnight and discarding the soaking liquid. We don't. We discard the cooking liquid and just add some water back into the frying pan when we are frying the beans.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:3.16, Inflammation Score:-4, Nutrition Score:7.3865217337304%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 149.08kcal (7.45%), Fat: 5.12g (7.88%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 13.29g (4.83%), Sugar: 0.81g (0.9%), Cholesterol: 4.43mg (1.48%), Sodium: 202.53mg (8.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.13%), Folate: 125.08µg (31.27%), Fiber: 6.64g (26.56%), Manganese: 0.34mg (17.02%), Phosphorus: 108.6mg (10.86%), Vitamin B1: 0.14mg (9.58%), Potassium: 330.16mg (9.43%), Magnesium: 37.06mg (9.27%), Vitamin B6: 0.18mg (8.96%), Iron: 1.52mg (8.44%), Copper: 0.16mg (8.15%), Selenium: 4.48µg (6.41%), Zinc: 0.73mg (4.85%), Vitamin E: 0.7mg (4.67%), Calcium: 36.26mg (3.63%), Vitamin B2: 0.05mg (2.81%), Vitamin K: 2.55µg (2.43%), Vitamin C: 1.56mg (1.89%), Vitamin B5: 0.17mg (1.66%), Vitamin B3: 0.24mg (1.21%)