

UN-REFRIED PINTO BEANS

Katie Simmons

INGREDIENTS

0 MINUTES 2 SERVINGS

- 1 cup dry pinto beans (or 3 cups canned)
- 1 small onion
- 1/2 jalapeño
- 1/2 tsp marjoram or Mexican oregano



1

Gather ingredients



2

If using dry beans, soak overnight. Beans will double to triple in size



3

Drain and rinse soaked beans or canned beans



4

Mince jalapeño. Dice onion



5

Heat a wide pan over medium heat



6

Add the onion, jalapeño, and spices. Cover.





7

Thinly slice garlic



8

When onion mixture starts to brown, stir. Cook until brown all over and spices toast, about 5-7 minutes. If it starts to burn, add a few tablespoons of water



9

Add garlic, bay leaf, beans, and enough water to cover the beans. You want dried beans covered by 2 inches, cooked beans just 1 inch. Cover and simmer until beans are tender, 60-75 minutes for dry, 8-10 minutes for canned



10

When beans are tender, turn off the heat. Fish out the bay leaf.



11

Use a masher to mash the beans. Add the salt now, after cooking the beans. Cook off any excess water, if needed, and taste to adjust seasoning



12

Serve with baked chips, yellow rice, or jackfruit carnitas

