

# Refried Black Beans

## Ingredients

- 1 Can of whole or refried black beans (depending on application) also check to make sure there's no LARD in the beans
- 1/2 white/yellow/sweet onion fine dice
- 3 cloves garlic sliced
- 1/4 bunch cilantro rough chopped
- 1tbl ground or freshly ground cumin
- 1tbl smoked paprika
- 1tsp ancho chili powder or chipotle
- 1tsp black pepper
- Salt to taste
- Avocado oil
- Avocado for topping

## Instructions

Heat up 1 tablespoon oil in a small pot on medium heat until shimmering but NOT smoking.

Add diced onions and cook for 2 minutes stirring or until translucent. Add garlic and cook for another 2-3 minutes, stirring constantly. Try not to get much color on the onions or garlic. Add can of beans (with liquid), paprika, cumin, ancho, pepper, and a big pinch of salt. Reduce heat to low and simmer. Stir and "chop" the black beans with a wooden spoon or wooden spatula.

If it starts to boil reduce heat and scrape bottom. If it starts getting too thick or dry add a little water and stir to cook it out over time. Beans should take 1-2 hours total time.