Hill's Mills & Mixers
BOSCH Kitchen Centre
~products for better health

FAST REFRIED BEANS

by Ruby Hill

2 ½ c water
3/4 c pinto
1/2 t. sea salt
1/4 t. cumin
tiny pinch garlic powder (opt)
1/2 t. chili powder

Bring water to a boil in a small saucepan. Whisk in dry ingredients.

Cook, while stirring, over medium heat for 1 minute, until mixture thickens. Don't worry about lumps –they taste great too!!

Reduce heat to low, cover pan and cook 4 minutes. Add ½ c. Picante sauce (or to taste), if desired.
Mixture thickens as it cools and will stay thick even after heating.

Hint. It is a good idea to whizz your Large Pinto beans in your Bosch Blender a couple of times to break them up before you put them through your Wonder Mill or your Nutrimill, just to be sure they will not get lodged because they are too large.

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