Hill's Mills & Mixers
BOSCH Kitchen Centre
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"INSTANT" REFRIED BEAN MIX

by Ruby Hill

1 ½ c pinto
½ t. cumin
1 ½ t. chilli powder
1 t. sea salt
18 t. garlic powder (opt)
1 t. instant minced onions (opt)

Mix and store in airtight container. I label this jar and keep in my fridge freezer. To prepare, whisk ¾ c. above mixture into 2 ½ c boiling water. Cook as above, adding your favourite salsa after cooking.

I like to make up several batches of this mixture and have an almost "instant" meal ready in just a few minutes. Cook up some hamburger and open a jar of your favourite salsa.

Enjoy.

Note: Excellent for tacos, dips, or burritos, and makes a great present for a friend packaged in a decorated glass jar.

Ruby Hill | Hill's Mills & Mixers | 403-327-3529 or TF 1-866-327-3559