



bit spicy

Refried beans (Frijoles refritos)

Refried beans are a staple of [Mexican food](#), and ready-to-eat tins are available in every supermarket and corner shop. They are, however, so easy to make at home. This recipe makes a lot, so you can freeze the leftovers.

Ingredients:

- 500g bag dried pinto beans
- water
- salt and pepper

Recipe:

1. Place the beans in a large pan and fill with water. Leave to soak overnight.
2. Drain the beans and add fresh water so that the beans are submerged by about 2cm/1 inch.
3. Bring to the boil and simmer gently until the beans are very soft. Make sure the pan does not boil dry.
4. Using a fork or potato masher, mash the beans in the water until you have a sloppy sauce. You can make it as smooth or as lumpy as you like.
5. Keep cooking the beans, uncovered, on a low heat, until the remaining liquid is cooked off.
6. Season and serve as a simple side dish, or as a filling for quesadillas, burritos or tacos.