

Refried Beans

Black or Red

1 15 oz can of dark red kidney beans or black beans

2 cloves garlic, peeled, sliced

1 small onion, peeled and chopped

1 tablespoons olive oil

Cilantro, handful, washed, stems cut off

Pepper to taste –canned beans have of plenty of salt

Dash of red pepper flakes

Sautee the onion and garlic in a frying pan

Add red pepper flakes

Drain most of liquid from beans

Turn heat to high

Add beans and remaining liquid

Bring to a simmer, and let beans simmer for 1 minute

With a fork mash the beans in the pan, mixing with the onions and garlic

Turn off heat and mash more until a thick mixture

Stir in cilantro—either whole or roughly chopped

Serve