

Pressure Cooker Fat-Free Refried Beans



Makes 4 servings

Phase 1 ingredients:

2 cups dry pinto beans – quick-soaked*
2 teaspoons salt (for quick-soak)
4 whole garlic cloves – peeled
1 large onion – quartered
4 cups water

Phase 2 ingredients:

1 teaspoon chili powder
1 teaspoon cumin
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon sea salt
Dash pepper
3 green onions – finely chopped
4 oz. can fire roasted chopped green chilies

Quick-Soak – Wash beans and pick through. Place in pressure cooker with 6 cups water and 2 teaspoons salt, bring to high pressure, and cook for 5 minutes. Remove from heat and let pressure fall on its own. Drain well and proceed with recipe.

Add phase 1 ingredients to cooker, bring to high pressure, and cook for 15 minutes. Drain well and blend with immersion blender or mash with potato masher.

Add phase 2 items and mix well.

Serve and enjoy.

Adapted from: <http://fatfreevegan.com/blog/2010/05/25/refried-beans/>

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