

Pressure Cooker Fat-Free Refried Beans II



Makes 4 servings

Quick-Soak ingredients

2 cups dry pinto beans
2 teaspoons salt
6 cups water

Phase 1 ingredients:

7 whole garlic cloves – peeled
1 large (or 2 small/medium) onion(s) – quartered
4 cups water

Phase 2 ingredients:

1 teaspoon chili powder
½ teaspoon ancho chili powder
1 teaspoon cumin
½ teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon sea salt
dash pepper
dash cayenne pepper

Phase 3 ingredients:

4 green onions – finely chopped
7 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.

Add phase 2 items and blend with immersion blender or mash with potato masher.

Add phase 3 items and mix well.

Serve and enjoy.

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

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