

Easy Refried Beans

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 cup diced yellow or white onion
- 1/4 teaspoon salt
- 2 cloves garlic, pressed or minced
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- 2, 15oz cans pinto beans, rinsed and drained
- 1/2 cup broth or water
- 2 tablespoons chopped cilantro
- 1 tablespoon lime juice, or more to taste

DIRECTIONS

1. In a medium-sized saucepan over medium heat, warm the oil. Add the onions and salt. Saute until the onions are translucent, about 5-8 minutes.
2. Add the garlic, chili powder and cumin and cook for 1 minute.
3. Pour in the drained and rinsed beans. Add the water or broth. Stir, cover and cook for 5 minutes.
4. Turn the heat to low and remove the lid. Using a potato masher, mash the beans, until you reach the desired consistency. Cook the beans, uncovered, for about 3 minutes, stirring occasionally.
5. Remove the saucepan from the heat and stir in the cilantro and lime juice. Taste and season. If the beans look dry, stir in a little water.

- <https://cookieandkate.com/easy-refried-beans-recipe/>



Simple Guacamole

INGREDIENTS

- 3 ripe avocados
- 1/2 small white or red onion, diced
- 3 tablespoons chopped cilantro
- 1 jalapeno pepper, ribs and seeds removed, and finely diced
- 1 clove garlic, pressed or minced
- Juice of 1 lime
- 1/2 teaspoon salt

DIRECTIONS

1. Slice the avocado in half and remove the pit. Add the flesh of the avocado to a bowl and mash with a potato masher or a fork.
2. Add the remaining ingredients. Stir together.
3. Taste and season.

<https://downshiftology.com/recipes/best-ever-guacamole/>

