

Crock Pot Refried Beans

Based on the recipe by Fit Mama Real Food

Ingredients

5 cups dried pinto beans

1 large onion

2 1/2 teaspoons cumin

2 teaspoons salt

1 1/2 teaspoons pepper

1/2 teaspoon cayenne pepper

13 3/4 cups water

Pick through beans for any broken pieces, rocks or other inedibles. Rinse and drain.

Transfer beans to a large crock pot (Note: I used a 6 quart). Dice onion and add to beans. Then add cumin, salt, pepper and cayenne.

Cover with water and stir to combine.

Cook on low for 8-10 hours.

Place a strainer over a large bowl and drain out excess water. Reserve water.

Transfer beans to a large bowl and mash with a potato masher, adding reserved water, about 1/4 cup at a time, until desired consistency.

Transfer mashed beans to containers, allow to cool completely and freeze. Or put in refrigerator until ready to make burritos.

Makes about 10 cups.

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