

Refried Black Beans

Serves 10

- 2-3 T vegetable oil
- 1 small onion or ½ large onion
- 3 medium garlic cloves, finely chopped
- Salt, to taste
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp smoked paprika
- 1 can black beans plus bean liquid
- Pinch chili powder or chopped jalapeno

1. Heat **oil** in medium frying pan over **medium-high heat** until shimmering, **about 2 minutes**.
2. Add **onion** and **garlic** and cook, stirring often, until it's soft, **about 5 minutes**.
3. Add the **beans** (including liquid and a little **water in the can** to shake out remaining beans
4. Add **cumin, coriander, paprika, garlic, and chili powder or jalapeno, salt and pepper**
5. Let the beans come to a brisk simmer, then lower the heat to maintain a gentle simmer. Cook, stirring and mashing often until the beans resemble a very coarse puree and have thickened, **about 10 minutes**. When you tip the pan, the beans should creep forward like lava.
6. The beans will thicken a little more once they cool.
7. Add **salt** to taste. Serve warm or at room temperature



Keeps in the fridge for up to 5 days.



Per 100g Serving

Calories: 130 | Protein: 5.3 g | Fat: 6.0 g | Sat. Fat: 0.5 g | Carbs: 13.5 g | Sugars: 1.0 g | Fiber: 4.9 g | Sodium: 145 mg | Omega-3: 0.05g

☑ Addendum: Using Dried Black Beans (Instead of Canned)

This recipe was developed using **one 425 g can of black beans with liquid**. To make an equivalent batch using **dried black beans**, follow the guidelines below.



Quantity Conversion

- 1 can black beans (425 g, including liquid)
≈ 250–265 g cooked beans (drained)

To replace this with dried beans:

- **Use 100 g dried black beans**

After cooking, this yields **~250–270 g cooked beans**, which closely matches one drained can.

Cooking Dried Black Beans (Best for Refried Beans)

1. Soak (recommended)

- 100 g dried black beans
- Plenty of cold water
- Soak **8–12 hours**, then drain

(Soaking improves texture and reduces cooking time.)

2. Cook

- Add soaked beans to pot
- Cover with fresh water (beans + ~5–6 cm)
- Simmer gently **45–60 minutes**, uncovered
- Beans should be fully tender and creamy inside

 Do **not** salt until the beans are completely cooked.

Using Them in This Recipe

When proceeding with Step 3 of the recipe:

- Add **250–265 g cooked black beans**
- Add **180–220 ml bean cooking liquid or water**
(This compensates for the canned bean liquid.)

Then continue exactly as written:

- Simmer
 - Mash
 - Reduce until the mixture “creeps forward like lava”
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Seasoning Notes

- Home-cooked beans are **less salty** than canned beans
 - Expect to add **slightly more salt at the end**
 - Season only after the beans have thickened
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Storage & Batch Cooking Tip

For convenience:

- Cook **300 g dried beans**
- Portion cooked beans into **~260 g “can equivalents”**
- Freeze with **~200 ml cooking liquid per portion**

Each frozen portion can be used exactly like one can.
