Easy Refried Beans

Prep:

**Prep Time: 5 minutes**

**Ingredients:**
- 2-3 cups any beans, cooked
- ½ onion, diced
- 2 cloves (or 2 tablespoons) garlic, minced
- ½ cup cheese, shredded
- ½ cup broth/stock, or water

**Optional:**
- Can use any type of bean for this recipe!
- Can omit the garlic from the recipe, or can substitute it for garlic powder.
- Can use water or broth for the recipe, or a combination of both.
- Add diced jalapeños or cilantro for extra flavor.
- Add seasonings such as chili powder and cumin.
- Add a squeeze of lemon or lime juice (about 1 tablespoon) to taste.
- Add a spoonful of sour cream or cream cheese to make the beans extra creamy.
- Top with hot sauce or sriracha if you like more heat!

Cook:

**Cook Time: 10-15 minutes**

1. Add some oil or butter to a pot/saucepan over medium heat. Add the diced onions and a pinch of salt. Cook until the onions are soft and translucent (about 5 minutes).
2. Add garlic and any other seasonings to the onions. Stir for about 1 minute.
3. Add the beans and broth or water to the pot. Stir and cook for about 5 minutes.
4. Reduce the heat to low. Use the back of a fork or another utensil to mash up at least half of the beans until you reach your desired consistency. Cook for about 3 more minutes.
5. Remove the pot/saucepan from heat and stir in lime/lemon juice and salt and pepper to taste. Top with cheese. *If the beans seem dry, add a small splash of water or broth and stir to combine.
6. Serve and Enjoy!

**Serving Ideas:**
- Add as a filling for tacos, burritos, and quesadillas.
- Use as a dip by itself or mix it with salsa, cheese, and sour cream or cream cheese for a layered dip.
- Add as a topping for loaded nachos.
- Add to chili or other bean soups for a thicker and creamier consistency.