



SCRATCH PREPARED REFRIED BEANS

Prep Time: 10 minutes • Cook Time: 1½–2 hours

Servings: 4-6

Ingredients

To Cook

- 1/2 white onion, halved
- 2 cloves garlic, peeled
- 2 sprigs epazote or 2 avocado leaves (optional)
- 1 cup dried heirloom tiger eyes beans or black beans

To Refry

- 2 tbsp lard (or bacon fat, or oil with a high smoke point) or neutral high heat oil such as avocado or rice bran oil
- 1/2 white onion, chopped
- 1 clove garlic, minced
- 1 jalapeño or serrano, diced (optional)
- 2-4 tablespoons cooking liquid from the beans
- Salt, to taste

Directions

1. Rinse the dried beans and place them in a large pot with the halved onion, garlic cloves, and optional epazote or avocado leaves. Add enough water to cover the beans by several inches.
2. Bring to a simmer and cook until the beans are fully tender, about 1½–2 hours. Add additional water if needed while cooking.

3. Remove and discard the onion, garlic, and herbs. Reserve 1/4 cup of the cooking liquid.
4. In a large skillet, heat the lard or oil over medium heat.
5. Add the chopped onion and cook until softened.
6. Add the minced garlic and optional jalapeños or serranos; cook briefly until fragrant.
7. Add the cooked beans to the skillet and mash to your preferred texture.
8. Stir in the reserved cooking liquid to adjust the consistency as needed.
9. Season with salt to taste and cook until thickened and creamy.

Chef Ron's Notes

- Freshly prepared refried beans from scratch are incredibly delicious. They reheat well but you cannot match the savory taste of this recipe prepared just before serving. If you must, substitute a good quality canned bean it will still be far better than buying canned refried beans.
- Farmers Mark and Patricia of <https://gardentreasuresfarm.com> grow, dry and distribute incredible heirloom beans. I've used their Tiger Eyes beans in this recipe sold by <https://21acres.org/farm-market/>
- Increase or decrease the chiles to adjust heat level.
- Finish with a spoonful of lard, bacon grease or a splash of crema for added richness.
- Excellent for prior preparation—add a little water when reheating for best texture.