

“REFRIED” BLACK BEANS

Yields 2 -3 servings

ingredients

1 tablespoon extra virgin olive oil
2 cloves garlic, minced
1 small onion, diced (approx. 1/2 cup)
1 can (15.5 ounces) low-sodium (or no-salt-added)
black beans



directions

Heat a medium saucepan on medium-high heat. Once heated, add the olive oil, garlic, and onion. Saute until the onion begins to become somewhat translucent, about 3 minutes.

Next, add the can of beans (do not drain the liquid). Using an avocado masher, or simply a fork, mash the beans to your desired consistency. Cook the beans until most of the liquid has become absorbed, about 3-5 minutes--but again, until your desired consistency.

Enjoy!

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