

Refried Beans - Frijoles Refrito

Concocted (circa 1976) by Edward G. Bottrell using raw ingredients. Good for accompanying a main course, included with Nachos or as a filling in an omelet.

Makes 8 Servings

FOR THE BEAN SOUP:

1 lb. or 500 gm	Pinto Beans
$\frac{1}{4}$ lb.	Bacon, Ham or Diced Salt Port
$\frac{1}{4}$ lb.	Chorizo Sausage (optional)
1 lg.	Onion, chopped
4 cups	Chicken Broth or Stock
2-3	Cloves Garlic, minced
$\frac{1}{4}$ cup	Olive Oil
	Salt & Ground Pepper to taste

FOR THE BEANS:

$\frac{1}{2}$ lb.	Monterey Jack Cheese, grated
3-6	Sprigs of Fresh Parsley

1. Wash & rinse beans, pick out any stones or bad beans.
2. Cover with water and let sit for 12 hours then drain. Drain & replace water every hour or so. Bring to a boil, cook for 30-minutes, then drain.
3. In the meantime, chop onion, garlic and dice meat. Sauté mixture in olive oil.
4. Add mixture to beans and stir until beans are well coated. Add chicken broth and water to cover by about 2". Bring to a boil and simmer for about 2 hours covered. Add chicken broth if necessary.
5. Season to taste with salt & pepper. Let cool then cover and refrigerate until serving time or for up to 2 days (if you cover and refrigerate before cooling, the beans can turn sour). This bean soup will also freeze well.
6. For refried beans, start with the soup (hot or cold) and mash about 1-2 cups leaving remaining beans whole.
7. Add bean mixture to a hot skillet and cook until reduced to desired consistency about 15-20 minutes. Stir frequently and adjust heat to keep beans from burning. Add to a casserole or serving dish, cover with grated cheese, melt & toast under broiler and serve with sprigs of parsley.