



Refried Black Beans

Makes about 6 cups

8 Oz.	Bacon, ½" Slices
1 Each	Sweet Onion, ¼" Dice
5 Cloves	Garlic, Minced
1#	Dry Black Beans, Rinsed
As Needed	Water
3 Each	Avocado Leaves
2 tsp.	Ground Cumin
2 tsp.	Ground Coriander
2 tsp.	Smoked Paprika
To Taste	Kosher Salt
To Taste	Black Pepper

Method:

- Heat a large sauce pan over medium heat
- Add the bacon, and brown it
- Add the onions and the garlic, sweat until translucent
- Add the black beans and cover with about 2-3 inches of water
- Add the avocado leaves, cumin, coriander, paprika, salt and pepper
- Bring to a boil, then reduce to a simmer
- Simmer for about 3 hours, or until beans are extremely soft, adding water as necessary
- When the beans are cooked, place a colander inside a large metal mixing bowl
- Strain the beans into the colander, making sure to keep the cooking liquid
- Place the beans back in the cooking pot, and mash with a potato masher until smooth, or desired consistency
- Thin the beans to the desired consistency with the cooking liquid (the beans will thicken as they sit)
- Adjust the seasoning of the salt, pepper and other spices