

## Refried Beans

Serves 2

100g dried pinto beans, soaked overnight  
1 small onion, chopped  
1 tsp chipotle chilli paste  
1 green chilli, finely chopped  
1 clove garlic, skinned but left whole  
1 tbsp oil  
1 tsp cumin  
½ tsp smoked paprika  
1 spring onion, finely sliced  
Salt & pepper  
2 tbsp grated cheese  
1 tbsp coriander or parsley



1. Put the soaked beans in a large pan with enough water to come 3cm above the level of the beans.
2. Add the chopped onion, chipotle chilli paste, green chilli and whole clove of garlic to the pan.
3. Bring to the boil and simmer for 20 – 30 minutes until the beans are tender but not mushy.
4. Strain and reserve the cooking liquid from the beans..
5. Heat a large frying pan over a high heat. Add a tablespoon of oil, then the beans. Reduce the heat to a simmer, add the cumin & smoked paprika. Mash with a potato masher to crush and mix the beans, add a little of the cooking liquid. Keep mashing & stirring the beans, adding cooking liquid until it is the taste and consistency you like.
6. Season with salt & pepper, tip into a serving dish and garnish with a little grated cheese, spring onion and coriander