

Veggie Refried Beans

- 1 15-ounce can black beans (or pinto beans)
- 1 tsp vegetable oil
- 1 small clove garlic, minced
- 1 / 2 onion, chopped
- 1 / 2 medium onion, chopped
- 1 / 2 tsp salt
- 1 / 2 tsp chili powder
- 1 / 2 tsp cumin
- 1 / 2 tsp onion powder
- 1 / 4 cup veggie “chicken” broth
(see recipe on my website for powdered broth, add 1 / 2 tsp to a quarter cup water)
- 1 TBS extra virgin olive oil

In a large pan, heat the vegetable oil over medium heat. Cook the onion and garlic until translucent and lightly browned. Add the tomato and the spices. Add the beans.

Transfer beans, tomato, onion and spices to a food processor. Add the veggie broth and olive oil and process for about a minute.

These beans are great in veggie burritos and also good as a side dish with rice.