










BEST Bean Dip (or Refried Beans)

These delicious homemade refried beans are made rich a creamy with just a little butter and plenty of seasonings!

 Course	Dip
 Cuisine	Mexican American
 Diet	Gluten Free, Vegan, Vegetarian
 Prep Time	5 minutes
 Cook Time	25 minutes
 Total Time	30 minutes
 Servings	6 servings
 Calories	132kcal
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★★★★★
5 from 2 votes

Ingredients

- 2 ½ cups cooked black beans | soaked 1 cup beans overnight, then simmered them for 1 hour
- 1 Tablespoon butter or fat of choice
- ½ medium onion diced
- 4 cloves garlic minced
- ½ teaspoon habanero minced , about ¼ pepper, or any pepper of choice
- 2 large tomatoes diced (about 1 ½ cups diced tomatoes and juices)
- 4 cubes homemade concentrated broth and 1 cup water or use 1 cup homemade salt-free vegetable broth
- ¼ teaspoon cumin
- ¾ teaspoon salt or more to taste
- pepper to taste

Instructions

1. Melt butter in saucepan. Sauté onions for 5-8 minutes until soft and fragrant. Add garlic and pepper and cook for about 1 minute. Add diced tomatoes, stir together, and let simmer for about 5 minutes, stirring occasionally.
2. Add beans, vegetable broth (or cubes and water), salt, pepper, and cumin. Stir well and bring to a simmer. Let simmer for about 10-15 minutes, until the tomatoes are broken down and the water is mostly absorbed.
3. Mash about half the mixture with a potato masher, or, if you're like me and you don't have a potato masher, use a fork, or blend about half of the beans in your blender, adding a teeny bit more broth or water if necessary.
4. Mix mashed beans with the rest of the beans and serve!
5. Note: I've also made this with about 4 cups of shredded kale. Just add it in the last 5 minutes of cooking!

Nutrition

Calories: 132kcal | Carbohydrates: 21g | Protein: 7g | Fat: 2g | Saturated Fat: 1g | Polyunsaturated Fat: 0.3g | Monounsaturated Fat: 1g | Trans Fat: 0.1g | Cholesterol: 5mg | Sodium: 310mg | Potassium: 423mg | Fiber: 7g | Sugar: 2g | Vitamin A: 573IU | Vitamin B1: 0.2mg | Vitamin B2: 0.1mg | Vitamin B3: 1mg | Vitamin B5: 0.3mg | Vitamin B6: 0.1mg | Vitamin B12: 0.003µg | Vitamin C: 10mg | Vitamin E: 0.4mg | Vitamin K: 5µg | Calcium: 33mg | Copper: 0.2mg | Folate: 118µg | Iron: 2mg | Manganese: 0.4mg | Magnesium: 59mg | Phosphorus: 122mg | Selenium: 1µg | Zinc: 1mg | Choline: 6mg

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