

## Homemade Refried Beans (in pressure cooker)

### Ingredients:

- 3 c. uncooked mayocoba beans rinsed and drained
- 1 t. each: salt, cumin, onion powder, vegetarian chicken seasoning
- ½ of an onion, chopped
- ½ c. tomato sauce
- 2 garlic cloves, minced
- Pinch of ground jalapeno, California chili
- Bay leaf
- 6 c. water

### Directions:

1. Do a quick pre-soak of beans in pressure cooker by covering clean beans with double the water and cooking on high for 2 minutes. Drain and rinse.
2. Add all ingredients to pressure cooker and cook for 40 minutes.
3. Allow pressure to release naturally and allow to cool slightly.
4. Remove some water if desired and mash with a potato masher or in blender, leaving slightly chunky.

### Notes:

- Refried beans freeze well.
- Stovetop method: Quick pre-soak beans by covering with water by 4 inches and bring to a boil, cover and let set for 1 hr. Drain and rinse. Combine all ingredients and cook on stovetop for 60 minutes or more until tender.

**Did You Know?** [woodlandfoods.com](http://woodlandfoods.com), [livestrong.com](http://livestrong.com), [adrianasbestrecipes.com](http://adrianasbestrecipes.com)

The Mayocoba Bean (or sometimes "Canary Bean") has a thin skin, a buttery taste and a creamy texture that performs well on its own or as a component among other ingredients.

- Oval shape, about 1/2 inch long
- Pale yellow color
- Said to have less of a gas-producing effect than most beans

Mayocoba beans are native to South America and are common in Latin America cooking. These beans in Mexico are called *frijoles canarios*.