

## Refried Beans

### Ingredients:

- 2 cups dried large lima beans, great northern beans or pinto beans
- 5 cups water
- 2 teaspoons salt
- 2 tablespoons vegetable oil

Sort and soak beans. In a medium saucepan, combine drained soaked beans, 5 cups water, salt and oil. Bring to a boil. Reduce heat, cover and simmer until beans are tender (1 to 1 1/2 hours). Drain beans, reserving the cooking liquid. Put the beans in a blender with 1/2 cup or more reserved cooking liquid. Blend on medium speed until smooth, stopping blender occasionally to scrape sides and stir puree up from bottom. Bean mixture should circulate slowly. Add more liquid if needed.