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## **Homemade Refried Beans**

Rebecca Valencia says that her children love these homemade refried beans. If you like spicy food, add cumin or jalapenos to the saucepan.

1/2 lb. dry pinto beans

1/2 cup of kidney beans

1 handful of Navy beans (or Great Northern beans or other white beans)

Water

Salt

1 - 2 Tbs. olive oil

1. Pour the beans into a crockpot and fill to the top with water. Cook on low for about 9 hours or on high for 5 or 6 hours. When the beans are tender, add salt to taste. Pour the bean broth into a bowl and set aside.

2. Pour the beans into the blender. Gradually add the bean broth and puree the beans. Don't add too much water—the beans will be soupy instead of thick and creamy.

3. Heat olive oil in a large saucepan. Add the pureed beans and cook until heated through. Serve with your favorite Central or South American dishes, or refrigerate and reheat for a later meal.