



This recipe can be used as the filling for enchiladas, tortillas, seven-layer dip, or as a main course with a salad.

Ingredients

- 3 to 4 cups (750 mL–1 L) [cooked black beans](#) or pinto beans or 2 cans (16 oz/454g) organic beans from Eden Foods
- 1 large onion, finely chopped
- 3 tbsp (45 mL) olive oil
- 4 garlic cloves, minced
- 1 tsp (5 mL) coriander
- 1 tsp (5 mL) cumin
- ½ cup (125 mL) salsa
- ¼ cup (60 mL) chopped fresh cilantro
- ⅓ cup (30 mL) essential fatty acid rich oil (hemp or flax)
- 1 cup (250 mL) grated Monterey Jack or sharp cheddar cheese

Instructions

1. Drain and rinse beans if using canned beans.
2. In a deep skillet, frizzle onion with olive oil, garlic, coriander, and cumin until onion is soft.
3. Slowly add beans, ½ cup (125 mL) at a time.
4. Mash the beans with a potato masher.
5. Add salsa and chopped cilantro. Heat thoroughly.
6. Remove from heat and stir in essential fatty acid oil.
7. Top with grated cheese.

Refried beans can also be placed in soft tortilla shells with [guacamole](#), sour cream, lettuce, sprouts, tomatoes, salsa, and cheese.

Makes 6 servings.