

# Easy Refried Kidney Beans

A simple and easy Homemade Mexican **Refried Red Kidney Beans** recipe. Made from scratch. Perfect for a Mexican Feast. **7 Simple Ingredients. 10 Minutes. Gluten-Free. Vegan.**

Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins



5 from 2 votes

Course: Condiment, Side Dish    Cuisine: American, Mexican  
 Servings: 4    Calories: 8.68kcal    Author: Roche Woodworth

## Ingredients

- 1 Can Kidney Beans (Don't Drain)
- 1/4 Onion (Finely Chopped)
- 1 Clove Garlic (Minced)
- 2 Tsp Chili Powder
- 1/2 Tsp Cumin
- 1 Tsp Salt
- 1/2 Tsp White Pepper

## Instructions

1. Add the beans (including the liquid) from the can into a medium sauce pan, over a medium heat.
2. Add all the rest of the ingredients, and cook until heated through.
3. While it cooks, be sure to smash the beans until they reach your desired consistency.

## Notes

### Tips and Tricks:

1. Add vegetable stock if the refried beans get too thick.
2. If it's too saucy, just keep simmering for a few minutes longer.
3. If you would like a very smooth final product - use an immersion blender.
4. Draining the beans: We always buy canned beans in brine. The ingredients are beans, water and salt. Check the label.

## Nutrition

Calories: 8.68kcal | Carbohydrates: 1.73g | Protein: 0.35g | Fat: 0.22g | Saturated Fat: 0.04g | Sodium: 598.61mg | Potassium: 29.54mg | Fiber: 0.53g | Sugar: 0.38g | Vitamin A: 296.5IU | Vitamin C: 0.74mg | Calcium: 3.3mg | Iron: 0.34mg