

Taste of Home



Southwest Surprise Bread

★★★★★

Fat-free refried beans are the surprise ingredient in these soft, high-rising loaves with just a hint of heat. "Beans increase the protein content of the bread and are so good! We serve this instead of garlic bread with Mexican dishes." Sandra Lee Herr - Stevens, Pennsylvania

TOTAL TIME: Prep: 30 min. + rising Bake: 40 min. + cooling

YIELD: 2 loaves (16 slices each).

Ingredients

2 packages (1/4 ounce each) active dry yeast

2 cups warm 2% milk (110° to 115°)

1 can (16 ounces) spicy fat-free refried beans

2 tablespoons sugar

2 tablespoons butter, melted

2 teaspoons salt

5 to 6 cups all-purpose flour

Directions

1. In a large bowl, dissolve yeast in warm milk. Add the beans, sugar, butter, salt and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a firm dough.
2. Turn onto a lightly floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with cooking spray, turning once to coat the top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape into loaves. Place in two 9x5-in. loaf pans coated with cooking spray. Cover and let rise until doubled, about 30 minutes.
4. Bake at 350° for 40-45 minutes or until golden brown. Remove from pans to wire racks to cool.

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