



REFRIED BLACK BEANS

SERVINGS - 04

PREPPING TIME: 15 MIN

COOKING TIME: 30-35 MIN

Ingredients:

- 400 g boiled black beans
- 8 g Tapas The Mexican Tapas Bar Taco seasoning
- 10 g jalapeño, finely chopped
- 10 g enchilada sauce
- 6 g fresh tomato puree
- 3 g salsa

Instructions

Step 1: Soak the Black Beans

Rinse the dried black beans thoroughly under running water. Place the beans in a large bowl and cover with plenty of water. Soak for 2 hours. Drain and rinse before cooking.

Step 2: Heat the Beans

Place a saucepan over medium heat. Add the boiled black beans directly to the pan. Heat for 2-3 minutes, stirring occasionally.

Step 3: Mash the Beans

Using a potato masher or the back of a spoon, mash the beans to your desired consistency. Continue cooking while stirring to prevent sticking.

Step 4: Add the Sauce

Add the enchilada sauce and mix well. Stir in the fresh tomato puree. Cook for 1-2 minutes until combined.

Step 5: Season the Beans

Add the Tapas Taco seasoning and mix thoroughly. Add the chopped jalapeño and salsa. Stir well to distribute all ingredients evenly.

Step 6: Finish and Serve

Cook for another 2-3 minutes until the beans are hot and flavourful. Remove from heat and serve warm.

Serving Suggestions

Serve with: Tacos, Burritos, Quesadillas, Mexican Rice, Nachos and Bean dip

Serving Suggestion

Serve as a filling for Burritos, Tacos, Quesadillas, Chimichangas, and Enchiladas. Can be used as a side accompaniment with Mexican Rice, Tortilla Chips, Nachos, or Grilled Vegetables. Garnish with fresh coriander, jalapeños, shredded cheese, or sour cream.

Approximate Nutritional Value (Per Serving)

Energy:	95-115 Kcal
Carbohydrates:	16-18 g
Protein:	5-6 g
Fat:	1-2 g
Dietary Fibre:	5-6 g
Sodium:	As per seasoning content

Chef's Notes

Traditional Refried Beans are creamy, smooth and intensely flavorful while still retaining some bean texture. Black beans provide excellent protein, fibre and nutritional value. The addition of enchilada sauce enhances the authentic Mexican flavour profile.

Chef's Tips

For a smoother texture, blend a portion of the beans before cooking. For richer flavour add a small quantity of butter or olive oil. Adjust jalapeño quantity according to the desired spice level.

