

CROCKPOT REFRIED BEANS

Ingredients:

- 2 pounds dried beans ([pinto](#) for traditional refried beans or add in black beans)
- 2 Onions Chopped
- 1 Jalapeno (Fresh or frozen this is optional)
- 3 [Garlic](#) Cloves chopped
- 4 Bay Leaves
- 1 Tablespoon ground [cumin](#)
- 2 Teaspoons oregano
- 2 Teaspoons Salt
- 12 Cups mix of [Broth](#) and or Water



Directions:

- 1. Rinse dried beans
- 2. Add to [crock pot](#) along with onions and garlic
- 3. Sprinkle on cumin, oregano, salt & bay leaves
- 4. Add Broth and or water and stir. Note: You'll add taste and nutrition if you use just broth ([learn how to make chicken bone broth here](#)). Start by using 8 cups you may need to add in more later.
- 5. Turn on high for 2 hours and reduce to low for about 6 hours or until done.
- 6. Make sure to keep an eye on the beans if they need more liquid, they should for most of the time be submerged in the liquid.
- 7. Test to see if the beans are done by taking a fork and smashing along the wall or remove and taste.
- 8. If done remove the Bay Leaves then use your [Immersion Blender](#) to blend the beans until desired consistency.
- 9. Use that night or allow to cool and place into freezer save jars, make sure to leave head space to allow for expansion when it freezes (usually 2 inches)

