

# Herbal Legacy Recipes

## Healthy Refried (non-fried) Beans

### INGREDIENTS:

- 2 Cups Pinto beans
- 6 Cups water
- 1 onion
- 2 Anaheim green chilies
- 3 tsp real salt
- pepper to taste



### DIRECTIONS:

1. Soak pinto beans overnight.
2. In the morning rinse beans and put in large stainless pot. Cover with water.
3. Cook on low-heat all day, but make sure to check throughout the day. You might have to add a little more water.
4. One hour before you want to eat add chopped onion, and chopped green chilies cook until onion and chilies are done.
5. Drain most of the water off except one cup, save the rest to use if needed. Blend beans right in the pot with a hand blender. I use a Braun or you can pour into a blender and blend. Add more water if needed to get the consistency you desire. After blending add salt and a little pepper.

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