

Refried Beans



- 1 tablespoon olive oil
 - 1 brown onion, finely chopped
 - 2 garlic cloves, crushed
 - 3 teaspoons ground cumin
 - 1 teaspoon ground coriander
 - ¼ teaspoon chili powder
 - 400g can red Kidney beans, drained, rinsed
1. Heat oil in a saucepan over medium heat. Add onion. Cook, stirring, for 3 minutes or until softened.
 2. Add garlic, cumin, chili and coriander. Cook, stirring, for 30 seconds or until fragrant.
 3. Add beans and 1/3 cup cold water. Cook, uncovered, for 5 minutes or until heated through. Remove from heat. Cool slightly.
 4. Transfer mixture to a heatproof bowl. Using a fork, coarsely mash. Season with pepper.