

Smashed Fried Chili Pinto Beans

Ingredients:

- 1 pound Pinto Beans (dry)
- 2 oz. Canola Oil
- 1 Cup Chopped Onions (1 medium onion)
- 2 TB. Chopped Garlic
- 4 TB. Chili Seasoning
- 1 Cup Water



Directions

Soak beans overnight in 1 quart of water. The next day, drain the beans well and rinse. In a large pot place beans and cover with water by 2" above the beans. Bring to a boil. Continue to boil for 45 minutes for until the beans are extremely soft. Drain and keep hot. Sauté onion and garlic in oil till tender. About 5 minutes. Add beans and chili seasoning. Smash beans with potato masher or fork. Add 1 cup of water. Cook over medium heat for 30 minutes while constantly stirring. You can keep this in the refrigerator for 5 days.

