



KITCHEN TOOLS

- Cooktop or hot plate
- Deep pot
- Spoon
- Potato Masher

YOU WILL NEED

- Cooking Oil
- 1 white or yellow onion
- 1 teaspoon garlic powder or 1 clove garlic
- 1 pound bag pinto beans
- 1 teaspoon smoked paprika
- Salt and Pepper
- Corn Tortillas
- Shredded Cheese

THE ICEBOX QUEEN

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REFRIED BEAN TAQUITOS ¹

feeds eight – 2 hours

Soak beans in water overnight.

Dice onion and fresh garlic if using. Add 1 tablespoon oil to skillet and saute onion and garlic for about 5 minutes. Drain beans and add to pot.

Add paprika and garlic powder to pot and stir. Add water to just cover beans. Simmer over low heat, stirring occasionally. Check beans after 1 hour - beans can take 1 to 2 hours to cook to softness.

Mash beans with potato masher until most beans are broken down. Taste and season with salt.

Warm tortillas in microwave or in a skillet over stove. Top with refried beans and cheese. Roll up and set in greased baking dish on the seam of the tortilla. Bake dish at 375 degrees 10 to 12 minutes, until tortilla is crispy.

¹ Cooking video is at CaldwellFoodPantry.com