



Refried Beans and Rice Bowl



Ingredients:

- 6 ounces sliced bacon, diced
- 1 medium yellow onion, diced
- 1 teaspoon chili powder
- 4 ounces canned diced green chiles
- Two 14-ounce cans pinto beans, drained (1 cup dried beans, soaked 6-8 hours)
- 2 limes
- Kosher salt
- 3 cups cooked white rice
- 1 cup (4 ounces) grated white Cheddar or Cotija
- ½ bunch scallions, trimmed and sliced
- 1 jalapeno, sliced
- Fresh cilantro, for garnish

Method:

1. Cook the bacon in a large skillet over medium-low heat, rendering the fat until crispy, 6 to 8 minutes. Remove the bacon with a slotted spoon to paper towels to drain. Set aside.
2. Increase the heat to medium and add the onions to the remaining bacon fat. Stir, and then cook until soft, translucent, and lightly brown, 8 to 10 minutes. Add the chili powder and cook for another minute. Stir in the green chiles and beans. Stir and continue cooking to heat through, 6 to 8 minutes. Turn off the heat and mash with a fork, potato masher or the back of a wooden spoon. Alternatively, for a smooth consistency, puree in a food processor (add 2 to 4 tablespoons water to the puree if it seems dry). Stir in the juice of one lime and season with salt.
3. To serve, fill one side of a serving bowl with refried beans. Fill the other side with cooked rice. Garnish with the bacon, cheese, and scallions. Scatter the jalapeno slices and cilantro on top. Cut the remaining lime into wedges and tuck a wedge into the side of the bowl. Repeat to make 3 to 5 more bowls.

Notes:

1. Place the beans in a shallow layer in a pie plate, baking sheet, or bar pan.
2. Pick out and discard any items as leaves, small stones or twigs, as well as any broken beans.
3. Place the beans in a colander or strainer and rinse them under cold running water.

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4. The Hot Soak Method is the recommended method because it reduces cooking time and gas-producing compounds the most and it produces consistently tender beans.
 - Place beans in a large pot and add 10 cups of water for every 2 cups of beans
 - Heat to boiling and boil for an additional 2 to 3 minutes.
 - Remove beans from heat, cover, and let stand for 4 hours.
 - Drain beans and discard soak water.
 - Rinse beans with fresh, cool water.