

Refried Beans with Bacon

Creamy refried beans are a perfect side dish for any Mexican main course. Beans and smoky bacon are a delectable combo but I use turkey bacon to keep them light and low-fat.

Serves 4

Ingredients

1 tablespoon olive oil
5 slices turkey bacon, chopped
1 small white onion or 1/2 red onion, chopped
1 jalapeño pepper, seeded, chopped
2 garlic cloves chopped
2 15-ounce cans of black beans, drained and rinsed
½ teaspoon dried or fresh oregano
1/4 teaspoon salt (optional)
1/4 cup cilantro leaves, chopped

Directions

Heat a large skillet over medium-high heat. Add the oil, bacon, onion, jalapeño, and garlic. Cook 4-5 minutes stirring occasionally until the bacon becomes fragrant and the onions soften. Add the beans, oregano, and 1/2 cup of water.

Occasionally stir and mash the beans with the back of a wooden spoon as they cook 15-20 minutes more. Add an additional 1/4 cup water if the beans mixture becomes too dry. Stir in salt if needed and sprinkle with cilantro. Serve immediately.

Make It A Meal

Serve with Jalapeno flank steak, Chicken Enchiladas or Cinnamon Rice Pudding

Wine Pairings

Gewürztraminer, Rose