

Frijoles

Oscar · 29/09/2024

**Prep Time**

2 hrs 20 mins

Difficult

Medium

Servings

12

Description

I searched all of the recipes for frijoles and none are close to real Mexican beans. The canned ones are only a pale imitation of the real beans simmering all day on the stove. They're easy to make and inexpensive too. Don't soak and drain the beans overnight as per American or European bean recipes. Cook them in their own liquid.

Ingredients

- - 1 pound dried pinto beans
- washed - 1 white onion
- chopped - ½ bunch fresh cilantro
- chopped - 1 fresh jalapeño pepper
- chopped - 3 cloves garlic
- minced - 2 tablespoons lard - water to cover - salt to taste

Instructions

1. Place beans into a large pot with onion
2. cilantro
3. jalapeño pepper
4. garlic
5. and lard; add enough water to cover by 4 to 5 inches. Bring to a boil
6. then reduce the heat
7. and cook for 2 to 3 hours. Depending on the beans
8. it may take up to 5 hours. Add more water if necessary. When beans are soft
9. season to taste with salt. Cook's Note You can use black beans and different chile peppers in this recipe. You can also refry the beans by melting lard to your taste (the more lard
10. the tastier) in a heavy skillet. Pour 1/3 of the pot bean mixture into the lard at a time
11. mashing and incorporating the beans and lard. At the end
12. you will have refried beans or frijoles refritos.