



Nonna Snowden Cooks

Laugh Hard. Cook Good. Fight Breast Cancer.



Refried Beans

Nonna Snowden recommends you visit her at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. In the TAMALE video, Maw Maw Gwen teaches Nonna and The Dessert Lady (Cindy) how to make homemade tamales which includes the masa, shredded pork, shredded chicken, refried beans, red sauce, green sauce, guacamole, assembling the tamales, and finally, cooking the tamales. To make it easier on yourself, you can limit what kind of tamales you make (such as making only bean tamales). The recipes are separated out into their own pages. We hope you enjoy these recipes!

Ingredients:

1 bag Pinto Beans
1 tbsp Kosher Salt
Water
Olive Oil

Preparation:

1. Place beans & salt in a large pot.
2. Fill the pot water making sure the pot is big enough so the water will not boil over.
3. Slow boil until the beans are soft. (See Note 1)
4. Coat frying pan with olive oil.
5. Add boiled beans to the pan and simmer the beans in the oil.
6. Use a Potato masher to mash the beans as they simmer.
7. Simmer until you get the consistency you like. Make sure beans are warm throughout.

Note 1: After you boil the beans you can refrigerate the beans. This is what Nonna and MawMaw Gwen did - boiled the beans the night before and fried the beans the next day as they made the tamales.

Nonna donates 50% of proceeds to JumpForTheRose.org.

