

Refried Beans



Serves	4-6
Prep time	10 minutes
Cook time	10 minutes
Total time	20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Side Dish
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 1 tablespoon Sunflower oil
- 1 Medium Leek (finely chopped)
- 2 teaspoons Minced garlic
- 1 tin Red Kidney Beans (400g, rinsed and drained)
- 1/3 cup Cold water
- Salt

Directions

1. Heat the oil in a saucepan over medium heat. Add the leek and cook, stirring, for 3 minutes or until softened. Add the garlic and cook, stirring, for 30 seconds or until fragrant.
2. Add the beans and water. Cook, uncovered, for 5 minutes or until heated through. Remove from the heat and cool slightly.
3. Transfer the mixture to a medium bowl and, using a potato masher, coarsely mash. Season with salt and serve.

Note

Low Chemical / Failsafe