

Cantress's Favorite Refried Beans

Anyone who knows me knows that cooking is not my most favorite thing to do. My husband lovingly refers to me as 'domestically challenged' when it comes to the kitchen and says I'm a great "re-heater". However, I do like to eat, and being a native Texas, I love Tex-Mex food! So... one thing I can cook (and I use the term 'cook' loosely) is refried beans.

Ingredients:

- 1 can of refried beans* (I usually use Gerhardt or Goya)
- 1 heaping tbsp of sour cream**
- ½ cup extra virgin olive oil
- ¼ white onion, chopped
- ¾ cup shredded Colby/jack cheese

For lighter dishes substitute *fat free refried black beans and **light sour cream.

First, sauté half of the olive oil and onion in the bottom of a saucepan. After the onions start to soften add the beans, sour cream, and remainder of olive oil. Stir. Cover and set to low heat until warm, stirring occasionally. Once it is warm, pour the mixture into a small casserole dish and sprinkle cheese on top. Heat in the oven or microwave until cheese is melted.

This is great as a side dish with your favorite Tex-Mex main course. I've also used them to make bean burritos, quesadillas, and nachos.

