

# Refried Beans

Yields 6

## INGREDIENTS

- 3 Scoops of Collagen Powder
- 1 lb dried pinto beans
- 5 cloves garlic minced
- 6 cups water
- 1 1/2 teaspoon salt



## INSTRUCTIONS

1. Rinse beans with water
2. Add beans and minced garlic to a large pot.
3. Add water. (Beans should be fully submerged)
4. Bring to a boil, then turn the heat to low and continue to simmer covered. Allow to cook for about 1 and 1/2 hours, stirring every half hour, until beans are soft.
5. Once the beans are soft, remove the lid and continue to cook uncovered until all water is absorbed. Mash the beans to desired consistency and add salt.
6. Add water if to match desired consistency.
7. Serve warm