

# Crock Pot Refried Beans

2 cups pinto beans

3/4 cup corn oil

1 bulb of roasted garlic, approximately 6 or 7 cloves

2 - 3 tsp seasalt, depending on how much salt you like

1 large bay leaf

1 finely chopped tomato, vine ripened or home grown

4 quart crock pot

Sift and sort the beans then wash/rinse them. Parboil the beans in a pot for 2 minutes. Rinse them very well and put them in the crock pot.

Cook the beans for 8 hours on low then add the rest of the ingredients. Cook on low for 3 days until the beans are just about to mash themselves. Use a potato masher to complete after they're done.

Near completion the beans will have a tendency to stick to the sides and scorch. At least in my crock pots it does. So plan to finish this dish when you'll be home.

If you double this recipe use a 6 quart crock pot.