

Refried beans: the name does not identify the fat

Read the exact label

Refried beans can be prepared with different fats. The word “traditional” does not establish that a particular product contains lard. Ask restaurants about their actual recipe and preparation; a healthy-food description alone is not evidence.

Old El Paso: a specific oil-based example

The U.S. manufacturer page for Traditional Refried Beans, Value Size, 31 oz lists soybean oil and does not list lard. Check the current package for the exact size and market.

Rosarita: a comparable lard example

Conagra’s specification for Traditional Refried Beans, 12 × 30 oz, SKU 4430010607, lists lard. The specification is dated May 6, 2024 and was retrieved from the manufacturer’s product page during this review. Check the current can; do not transfer this conclusion to every Rosarita variety.

What the comparison means

Two products in the same category can have different ingredients. A product without listed lard still needs its own ingredient and certification checks.

Sources checked October 17, 2026. Ingredient evidence alone does not establish halal certification.

[Old El Paso: exact 31 oz product](#)

[Conagra: exact Rosarita product](#)

[Manufacturer specification, May 6, 2024](#)

RECIPE: HALAL 7-LAYER SUPER BOWL PARTY DIP

Seven-layer dip is a staple food at Super Bowl parties. If you're going to a Super Bowl part this Sunday, try this recipe. It's easy to prepare, feeds a crowd, is halal and tastes delicious. This version uses halal vegetarian refried beans instead of haram traditional refried beans, made with **lard**. Make your own refried beans by following the instructions provided, or use a commercial brand's halal vegetarian variety. Serve with unflavored, salted nacho chips.

Watching your waistline? For a version that's lighter on fat and calories, choose 90% lean beef (or higher), low-fat cheddar and fat free (or low fat) sour cream.

YOU'LL NEED...

- 1 ½ pounds (600g) ground (minced) beef
- 3 cloves chopped garlic
- 1 Tbsp Mexican chili powder
- 1 (16 ounce) can vegetarian refried beans
(or see our recipe, below, to make your own)
- 4 cups total shredded Cheddar and/or Monterey Jack cheeses
- 1 cup sour cream

Guacamole Topping:

- 2-3 Haas (small dark) avocados
- lime or lemon juice
- salt

Fresh Mexican Salsa Topping:

- ½ cup chopped cilantro (coriander greens)
- 2 large, ripe tomatos, chopped
- ½ cup chopped green onions
- 1 medium white onion (Vidalia)

DIRECTIONS

1. **BROWN** ground beef with chopped garlic and Mexican chili powder in a large skillet. Set aside to drain and cool to room temperature.
2. **PREPARE GUACAMOLE:** Mash avocados roughly with a fork, leaving some chunkiness. Stir in lime or lemon juice and salt to taste.
3. **PREPARE FRESH MEXICAN SALSA:** Chop cilantro, tomatos, green onions and onion. Mix together in a bowl.
4. **SPREAD** refried beans into the bottom of a large glass serving dish.
5. **SPRINKLE** 2 cups of shredded cheese on top of beans.
6. **SPRINKLE** beef on top of cheese.
7. **SPREAD** sour cream carefully on top of beef.
8. **SPREAD** guacamole on top of sour cream.
9. **POUR** salsa over guacamole and spread evenly.
10. **SPRINKLE** remaining shredded cheese.
11. **SERVE** with unflavored corn nacho chips.

