

ODE TO A REFRIED BEAN
Peggy Gernerd 2008

**“Oh, how long it’s been since I ate a refried bean
I’ve travelled near and far and no other bean I seen;
For the refried bean is so special, it’s the best darn bean around
Oh, won’t you make me a dish (I wish!) where the refried beans abound!”**

(Into “Mexican Jumping Bean” song)

***(2x slow) A bean, a bean, a bean
I love my refried beans**

**They’re so lovely and delicious
They’re healthy and nutrititous
You can eat them with chips and with salsa
I think you would like them also**

***(2x faster)**

**You can eat them in tacos and sauces
They go with sourcream, you can toss ‘em
In a salad of quacamole
They’re so darn good
They’re almost holy!**

Ole’!