



## Mexican Beans (camp)



**Serves: 50**

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Five bean mix (drained, liquid reserved)	4	A10 tins		
Onions (sliced)	400	g		
Leek (sliced)	400	g		
Celery (sliced)	½	bunch		
Sweet potato (grated)	400	g		
Carrot (grated)	400	g		
Garlic	50	g		
Ginger	50	g		
Mexican spice blend*	100	g	Check labels of individual spices	
Tomato paste	200	g		
Chunky crushed tomato (with basil and oregano)	2	A10 tin		
Shredded tasty cheese	1.5	Kg	Milk (dairy)	Dairy free cheese
Sour cream	1	L (40g/portion)	Milk (dairy)	Dairy free natural yoghurt
Triangle corn chips	3	740g bag	Check label	
Tomato (diced)	1	Kg		
Lettuce	500	g		
Rice**	1	Kg uncooked)		

\*Spice blend consists of cumin, coriander, allspice, oregano, cinnamon, smoked paprika, garlic powder, onion powder

\*\*1kg uncooked rice = 10 x large (200-250g) portions

### Procedure

- Step 1: Tip beans and half of their starchy juices into deep gastro's, put in combi at 160C.
- Step 2: Meanwhile, sweat sliced onion over med/low heat for approx. 5-10 mins until translucent.
- Step 3: Add ginger, garlic and Mexican spice blend. Mix well. Fry off for 5 mins until spices smell.
- Step 4: Add tomato paste and cook gently for approx. 5 minutes, stirring often.
- Step 5: Add chunky crushed tomato, leek, celery, sweet potato and carrot.
- Step 6: Bring to simmer then transfer tomato mix into bean trays in oven. Combine well.
- Step 7: Cook stirring occasionally for 2-3 hours.
- Step 8: Serve with cooked rice, cheese, tomato, sour cream and corn chips on the side.

### To cook the rice:

- Step 1: Preheat oven to 180°C with 100% humidity.
- Step 2: Using a large strainer, wash rice well with warm water to remove starch. Drain rice well.
- Step 3: Put washed rice in deep gastronorm tray. Add 1.3L boiling water per each litre of raw rice.
- Step 4: Cover tightly with 2 layers of foil. Steam for 18 mins.
- Step 5: Remove from Combi and rest rice (uncovered) for 5 mins. Fluff rice with utensil and serve.

### Common allergens present:

- |  |                                     |                                    |                                     |                                    |
|--|-------------------------------------|------------------------------------|-------------------------------------|------------------------------------|
| <input checked="" type="checkbox"/> Milk (dairy) | <input type="checkbox"/> Egg        | <input type="checkbox"/> Fish      | <input type="checkbox"/> Crustacean | <input type="checkbox"/> Mollusc   |
| <input type="checkbox"/> Sesame                  | <input type="checkbox"/> Lupin      | <input type="checkbox"/> Soy       | <input type="checkbox"/> Peanut     | <input type="checkbox"/> Wheat     |
| <input type="checkbox"/> Barley                  | <input type="checkbox"/> Oats       | <input type="checkbox"/> Rye       | <input type="checkbox"/> Gluten     |                                    |
| Tree nuts:                                       |                                     |                                    |                                     |                                    |
| <input type="checkbox"/> Almond                  | <input type="checkbox"/> Brazil nut | <input type="checkbox"/> Cashew    | <input type="checkbox"/> Hazelnut   | <input type="checkbox"/> Macadamia |
| <input type="checkbox"/> Pecan                   | <input type="checkbox"/> Pine nut   | <input type="checkbox"/> Pistachio | <input type="checkbox"/> Walnut     |                                    |