



Mexican Beans (family)



Serves: 6-8



Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Five bean mix (drained, liquid reserved)	2-3	400g can		
Onion (sliced)	1			
Leek (sliced)	1			
Celery (sliced)	3	sticks		
Sweet potato (grated)	1	medium		
Carrot (grated)	2	medium		
Garlic	1	clove		
Ginger	1	cm, or 1 tsp crushed		
Mexican spice blend*	½	packet	*Check labels of individual spices	
Tomato paste	1	Tbsp		
Chunky crushed tomato (with basil and oregano)	1	400g can		
Shredded tasty cheese	150	g	Milk (dairy)	Dairy free cheese
Sour cream	200	g tub	Milk (dairy)	Dairy free natural yoghurt
Triangle corn chips	1	pack	Check label	
Tomato, diced	2	medium		
Lettuce (shredded)	1	cup		
Rice	250	g (uncooked)		

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

Procedure

Step 1: Tip beans and half of their starchy juices into a baking tray and put in oven at 160°C.

Step 2: Meanwhile, add onion to large saucepan over med/low heat for approx. 5-10 mins until translucent (not too much colour).

Step 3: Add ginger, garlic and Mexican spice blend to saucepan. Mix well. Fry off for 5 mins.

Step 4: Add tomato paste and cook gently for approx. 5 mins, stirring often.

Step 5: Add chunky crushed tomato, leek, celery, sweet potato and carrot. Bring to a simmer.

Step 6: Remove bean tray from oven and add the saucepan vegetable mix to the tray. 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: Follow pack instructions or preferred method.

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	