Mexican Beans

Serves: 4

Ingredients	Quantity	Common Allergens Present	Alternative Ingredients/Modifications
Five bean mix (drained, liquid reserved)	2-3x 400g cans		
Onions, 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 1sp crushed		
Mexican spice blend*	½ packet	Check labels of individual spices	
Tomato paste	1 Tbs		
Chunky crushed tomato (with basil and oregano)	1 x 400g can		
Shredded tasty cheese	150g	Cow's milk	Dairy free cheese
Sour cream	200g tub	Cow's milk	Dairy free natural yoghurt
Triangle corn chips	1 pack	Check label	
Tomato, diced	2 medium		
Lettuce	1 cup shredded		
Rice**	250g uncooked		

Home Method

1. Tip beans and half of their starchy juices into a baking tray and put in oven at 160C.
2. Meanwhile, add onion to large saucepan over med/low heat for approx. 5-10 minutes until translucent (not too much colour).
3. Add ginger, garlic and Mexican spice blend to saucepan. Mix well. Fry off for 5 minutes until spices smell.

4. Add tomato paste and cook gently for approx. 5 minutes, stirring often.
5. Add chunky crushed tomato, leek, celery, sweet potato and carrot. Bring saucepan mixture to a simmer.
6. Remove bean tray from oven and add the saucepan vegetable mix to the tray. Combine well.
7. Cook stirring occasionally for 2-3 hours.

Serve with cooked rice, cheese, tomato, sour cream and corn chips on the side

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

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

To cook the rice:

1. Follow pack instructions or preferred method.

Common allergens present:
☐ Wheat   ☐ Gluten   ☐ Egg   ☐ Peanut   ☐ Tree nut
☑ Cow's milk ☐ Fish   ☐ Shellfish ☐ Sesame   ☐ Soy
☐ Lupin