



Mexican Beans

Recipe Source: Dimitra Alfred, Kitchen Specialist, Stanmore Public School

From the Garden: garlic, sweet potato, zucchini, onions, coriander, parsley, oregano

Equipment	Ingredients
1 metric tablespoon measure	2 peeled cloves garlic
½ metric teaspoon measure	5 teaspoons Ms Dimitra's Mexican Spice Mix*
Medium metric measuring jug	½ teaspoon salt
Five small/medium bowls	1 tablespoon olive oil measured directly into the large frying pan
Garlic crusher	100g peeled and chopped onion
Large deep frying pan with lid	100g chopped sweet potato, zucchini or carrot
Wooden spoon	400ml Stanmore PS Tomato Passata
Dessert spoon	1 x 400g can red kidney beans, drained & rinsed
Small plate	Leaves from two stems of fresh oregano
	Leaves from two stems of fresh coriander
	Leaves from two stems of fresh parsley
**Extra equipment (always have an adult with you when using knives):	
<ul style="list-style-type: none">• 1x cook's or chef's knife• 1x chopping board• 1x rubber mat• Preparation bowls & compost	

Make sure all your ingredients are measured and prepared before starting

Set up the board, knife and preparation area.

Now get ready to start cooking:

1. On your bench near the hotplate you should have:
 - the large frying pan containing the **oil**
 - **peeled garlic cloves**
 - small bowl containing the salt
 - small bowl containing the **Mexican Spice Mix**
 - bowl containing the **onion**
 - bowl containing the **sweet potato or zucchini**
 - jug containing the **Tomato Passata**
 - bowl containing the **kidney beans**
2. Use the garlic crusher to crush the garlic directly into the frying pan. Use the wooden spoon to help scrape the garlic off the end of the crusher.
3. Add the onion to the frying pan.
4. Place the frying pan on the hotplate and turn on the heat to medium high. Cook, stirring with the wooden spoon for a few minutes or until the onions are soft.
5. Add the sweet potato or zucchini, and continue stirring for a couple of minutes or until starting to soften. Place the small plate on the bench near the pan for resting the wooden spoon.
6. Stir in the Spice Mix and salt, and cook stirring for 1 minute or until aromatic.
7. Now add the tomatoes and beans to the frying pan, increase heat to high and bring to the boil. (**Boil = lots of bubbles**).
8. Once boiling, reduce heat to medium/medium low, pop the lid on, and simmer covered for 20 minutes. (**simmer = occasional bubbles, boil = lots of bubbles**).
9. Stir every now and then to prevent it sticking to the bottom of the frying pan, replace the lid and rest the spoon on a small plate near the pan.

While the beans are cooking prepare the herbs (the rest of the team can wash and clean up):

10. Place the leaves from the herbs onto the board.
11. Use the **rock and chop technique** to finely chop the herbs. Place them into a bowl and set aside until ready to use.
12. After the beans have been cooking for about 20 minutes, stir in the herbs.
13. The mixture needs to be thick enough to spoon onto tortilla crisps. If it's too thick, add a little water, a tablespoon at a time. If it's too runny, allow it to simmer uncovered for a few minutes longer. If it's perfect, turn off the heat.
14. Taste and season with salt and pepper. Serve.

***To make Ms Dimitra's Mexican Spice Mix, combine the following ingredients in a small bowl:**

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon chilli powder
- 1 teaspoon smoked paprika
- ½ teaspoon ground cinnamon
- 1 teaspoon dried oregano leaves