

## CHEESY TOMATO AND BEANS

### Equipment needed –

Measuring spoons, small knife, chopping board, medium bowl, juicer, frying pan, grater, colander and 3 small serving bowls.

### Ingredients from the Garden –

- 1 brown onion
- 4 tomatoes
- 1 lime

### Ingredients from the Pantry –

- 400 g can of black beans
- 1 cup of grated cheese
- 1 tablespoon of olive oil
- 1 teaspoon of sea salt flakes
- White pepper

### What to do –

1. Finely dice the onions and set aside.
2. Grate the cheese and set aside.
3. Finely dice the tomatoes and place in a bowl.
4. Juice the lime and add the juice to the bowl with the tomato.
5. Add 1 teaspoon of sea salt flakes and a pinch of white pepper. Mix well to combine.
6. Measure out 1 tablespoon of olive oil into a frying pan over a medium heat.
7. Add the onions and cook for 3 minutes or until tender.
8. Meanwhile open the can of black beans into a colander over the sink and rinse well with cold water. Add the black beans in with the onions and cook a further 3 minutes or until heated through.
9. Remove the pan from the heat and stir through the grated cheese and divide amongst 3 small serving bowls

### Serves –

- 28 students.