

## MEXICAN BEAN MIX

### Equipment needed –

Small knives, chopping boards, garlic crusher, measuring spoons, medium saucepan, 3 medium serving bowls and a colander

### Ingredients from the Garden –

- 4 medium tomatoes
- 4 tablespoons of fresh coriander

### Ingredients from the Pantry –

- 2 tablespoons of olive oil
- 2 medium brown onions
- 2 cloves of garlic
- 4 tablespoons of tomato paste
- 2 tablespoons of taco seasoning
- 2 cups of refried beans
- 2 x 420 g cans of red kidney beans

### What to do –

1. Finely chop the onions and set aside.
2. Peel and crush the 2 cloves of garlic and set aside.
3. Measure out 2 tablespoons of olive oil into a medium saucepan and heat over a medium heat.
4. Cook the onions and garlic, stirring until the onion is soft.
5. Meanwhile finely chop the tomatoes. Once the onions have cooked, add the tomatoes, 4 tablespoons of tomato paste and 2 tablespoons of taco seasoning. Simmer, uncovered for about 10 minutes.
6. Open the cans of beans and empty into a colander over the sink. Rinse well with cold water.
7. Add the beans and simmer for about 5 minutes or until hot.
8. Wash pick and finely chop the coriander. Stir in the coriander.
9. Divide the bean mixture into 3 serving bowls to serve.

### Serves –

- 28 students.