

**Name of Recipe: Mexican Braised Beans, Pumpkin, Chard & Herbs**

**Volunteer Notes:** These beans will be cooked for your group to use. This is due to the long cooking process dried beans would normally take.

**From the garden-** mint, parsley, oregano, chard, silver-beet, spinach, bay-leaf

<b>What to collect</b>	<b>What to do</b>
1 large wide pot w lid 4 x tblsp XV Olive oil 2 x brown onion, sliced finely 3 x garlic clove, chopped finely Portion of pre-cooked beans  1-2 tsp smoked paprika 2 x tblsp tomato paste (optional) 1x portion frozen garden tomatoes or 400 mls tinned tomato/Passata 200ml + water 4 bay leaves  500 grams diced pumpkin  1x small pan Mortar/pestle 3 tsp cumin seed 1 tsp coriander seed  10 sprig oregano, picked/washed/spin dry 1/2 tsp salt 10 grind pepper  Salad spinner 6-8 leaves Chard -chiffonade Lots chopped/washed coriander fresh Lots parsley, chopped/washed	In a large thick base pot, add measured oil, sauté the onion and garlic until softened then add the beans to the pot.           Add the smoked paprika, bay leaves, tomato, water. Bring to a gentle boil, then turn to simmer with lid on. Stir only occasionally, as we don't want to break the beans up too much. Cook 20-30 mins   Prepare pumpkin pieces, add to the braise.   Dry roast the spices, then grind in mortar/pestle and add to the beans. Take lid off is too watery.   Prepare the oregano, add to pot with salt & pepper.      Prepare the greens & herbs. Add the chard, sorrel, silver-beet, coriander and parsley 5 minutes before serving. Taste, ladle in 3-4 bowls.

## Kitchen Garden at Collingwood College- Term 2: 2018