

Kitchen Garden at Collingwood College 2019

Name of Recipe: Refried beans with Tomato & Garden Greens

Volunteer Notes: We will be using tinned & drained beans

From the garden- mint, parsley, bay-leaf, chard, Kale

What to collect	What to do
2 x tin beans-drain and rinse under cold water	
1 large wide pot XV Olive oil 2 x stick celery-diced 2 x brown onion, chopped sliced 3 x garlic clove, chopped finely	In a large thick based pot sauté, the onion, celery and garlic until softened then add the beans.
1x tin crushed tomatoes or 450 ml 3 bay leaf	Add the tomatoes, bay-leaves and 200 ml water. Bring to a simmer.
2 tsp cumin seed 1 tsp coriander seed Mortar/pestle	Dry roast the measured spices, then grind in mortar/pestle and add to the beans.
1 x tsp smoked paprika Salt flakes	Add the smoked paprika and seasoning. Stir only occasionally, as we don't want to break the beans up too much. Cook 20mins, add more water if needed to keep a saucy consistency.
Kale, chard, spinach etc-wash & chiffonade	Add the fresh coriander, chard, kale 5 minutes before serving. <ul style="list-style-type: none"><li>• Taste, ladle in 3 bowls.</li></ul>

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Lots chopped/washed coriander fresh Mint sprigs Edible flowers	<ul style="list-style-type: none"><li>• Decorate with mint sprigs, calendula flowers.</li></ul>
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