

Kitchen Garden at Collingwood College- Term 1: Menu 3

**Name of Recipe: Mexican Braised Beans, Potato, Zucchini, Green Tomatoes, Kale & Herbs**

**Volunteer Notes:**

**From the garden- mint, parsley, Zucchini, Purple Congo Potatoes, chard, silver-beet, bay-leaf**

<b>What to collect</b>	<b>What to do</b>
<b>1 large wide pot w lid 4 x tblsp XV Olive oil 2 x shallot sliced finely 3 x garlic clove, chopped finely 2 celery-small dice 1 tin drained red kidney beans  2 tsp smoked paprika 1 tin tomatoes 200ml + water 4 bay leaves  600 gm washed well &amp; diced Potatoes/skin on 500 grams diced zucchini 300 gram-green tomato/washed &amp; rough cut  1x small pan Mortar/pestle 3 tsp cumin seed 1 tsp coriander seed  1/2 tsp salt 10 grind pepper  Salad spinner 6-8 leaves Kale -wash/chiffonade  Parsley, chopped/washed</b>	<b>In a large thick base pot, add measured oil, sauté the onion, celery 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.  Add the potatoes, Tomatoes, Cook 15 mins. Add the zucchini, Cook 10 mins  Dry roast the spices, then grind in mortar/pestle and add to the beans. Take lid off is too watery.  Prepare the greens &amp; herbs. Add 5 minutes before serving. Taste for salt &amp; pepper, ladle in 3 bowls. Garnish with herb.</b>