



Mexican beans

Serves 50

Ingredients	Quantity	Common Allergens Present	Alternative Ingredients/Modifications
Five bean mix (drained, liquid reserved)	4 x A10 tins		
Onions, sliced	400g		
Leek, sliced	400g		
Celery, sliced	½ bunch		
Sweet potato, grated	400g		
Carrot, grated	400g		
Garlic	50g		
Ginger	50g		
Mexican spice blend*	100g	Check labels of individual spices	
Tomato paste	200g		
Chunky crushed tomato (with basil and oregano)	2 x A10 tin		
Shredded tasty cheese	1.5kg	Cow's milk	Dairy free cheese
Sour cream	1L (40g/portion)	Cow's milk	Dairy free natural yoghurt
Triangle corn chips	3 x 740g bags	Check label	
Tomato, diced	1kg		
Lettuce	500g		
Rice**	1kg uncooked		

Method

1. Tip beans and half of their starchy juices into deep gastro's, put in combi at 160C.
2. Meanwhile, sweat sliced onion over med/low heat for approx. 5-10 minutes until translucent (not too much colour)
3. Add ginger, garlic and Mexican spice blend. Mix well. Fry off for 5 minutes until spices smell.
4. Add tomato paste and cook gently for approx. 5 minutes, stirring often.
5. Add chunky crushed tomato, leek, celery, sweet potato and carrot.

6. Bring to simmer then transfer tomato mix into bean trays in oven. Combine well.
 7. Cook stirring occasionally for 2-3 hours.
 8. Serve with cooked rice, cheese, tomato, sour cream and corn chips on the side
- *Spice blend consists of cumin, coriander, allspice, oregano, cinnamon, smoked paprika, garlic powder and onion powder
- **1kg uncooked rice = 10 x large (200-250g) portions

To cook the rice:

1. Preheat oven to 180C with 100% humidity.
2. Using a large strainer, wash rice well with warm water to remove starch.
3. Drain rice very well.
4. Put washed rice in deep gastronorm tray.
5. Add 1.3L boiling water per each litre of raw rice.
6. Cover tightly with 2 layers of foil.
7. Steam for 18 minutes.
8. Remove from Combi and rest rice (uncovered) for 5 minutes.
9. Fluff rice with utensil and serve.



Common allergens present:

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|--|---------------------------------|------------------------------------|---------------------------------|-----------------------------------|
| <input type="checkbox"/> Wheat | <input type="checkbox"/> Gluten | <input type="checkbox"/> Egg | <input type="checkbox"/> Peanut | <input type="checkbox"/> Tree nut |
| <input checked="" type="checkbox"/> Cow's milk | <input type="checkbox"/> Fish | <input type="checkbox"/> Shellfish | <input type="checkbox"/> Sesame | <input type="checkbox"/> Soy |
| <input type="checkbox"/> Lupin | | | | |