

Sara B.

Mexican Beans

Double recipe for SAKG kitchen

Ingredients

1 medium size brown onion, finely chopped
½ teaspoon coriander seeds
½ teaspoon cumin seeds
1 clove garlic, crushed
½ teaspoon paprika
1 400gm can tomatoes, chopped
½ red capsicum, seeded, finely chopped
1 400gm can kidney beans, drained
1/3 cup stock (or rinsed out can of tomatoes)
fresh chopped parsley to serve

Method

Place a small frying pan over a medium heat. Tip the coriander seeds and cumin seeds into the fry pan and stir with a wooden spoon until the smell fragrant. Tip the seeds into a mortar. Using the pestle, grind the toasted seeds to a coarse powder and set aside until later.

Heat vegetable oil in a large fry pan over medium heat. Cook the onion until soft. Add the garlic and paprika and cook, stirring for 1 minute or until aromatic. Add the spices.

Add the tomatoes and capsicum and cook gently, stirring often until the tomatoes are soft.

Stir in the kidney beans.

Add the stock. Reduce heat to low and simmer until the mixture thickens (5-8 minutes). Season to taste with salt and pepper.

Stir in fresh parsley just prior to serving.

