

## Refried Beans

**Season:** Autumn/Winter/Spring

**Serves:** 30 tastes in the classroom  
or 8 serves at home

**Fresh from the garden:** coriander, garlic, red onion

### Equipment:

metric measuring spoons,  
scales and cups  
clean tea towel  
chopping board  
cook's knife  
saucepan  
wooden spoon  
heat-proof bowl  
potato masher  
serving bowls

### Ingredients:

1 tbsp olive oil  
2 red onions, finely chopped  
3 garlic cloves, finely chopped  
4 tsp ground cumin  
2 tsp ground coriander  
800 g cooked kidney beans  
or 2 x 400 g cans  
 $\frac{2}{3}$  cup cold water (or reserved  
cooking water from beans)  
 $\frac{1}{4}$  tsp salt, to taste  
 $\frac{1}{4}$  tsp pepper, to taste  
1 bunch coriander, finely  
chopped

### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the oil in the saucepan over medium heat.
3. Add the onion and stir for 3 minutes or until softened.
4. Add the garlic, cumin and coriander, then stir for 30 seconds or until fragrant.
5. Add the kidney beans and water.
6. Cook, uncovered, for 5 minutes or until heated through. Remove from the heat and set aside to cool slightly.
7. Transfer the mixture to the heat-proof bowl and coarsely mash the beans.
8. Season with the salt and pepper and mix through the chopped coriander.
9. Transfer to serving bowls and serve.

