

Bean Stew (Colombia)

Vegetarian Main Meal



This recipe makes
8 x 150g
or 6 x 200g
servings

40 minutes
prep time

45 minutes
cooking time

Ingredients

- 30ml Vegetable oil
- 125g Peeled and chopped onions
- 15g Crushed garlic
- 10g Finely grated lime rind
- 50g Chopped celery
- 150g Peeled, seeded, cubed pumpkin
- 50g Chopped red pepper
- 0.5g Oregano
- 1 Bay leaf
- 400g Canned chopped tomatoes,
- 400g Kidney beans, canned in water
- 200ml Vegetable stock
- 60g Frozen sweetcorn
- 0.5g Ground cumin

Method

1. Heat oil in a pan and gently fry the onion for a minute, then add garlic and sauté until the onion is golden – approximately 5 minutes
2. Add the celery, red pepper, oregano, bay leaf and lime rind and cook for approximately 3 minutes
3. Add the tomatoes and bring to the boil. Simmer for 5 minutes
4. Add the kidney beans, pumpkin and stock and bring to the boil
5. Simmer for 45 minutes or until tomato sauce has reduced down
6. Add the sweet corn and cumin and cook for a further 5 minutes until the sweetcorn is tender

8 Primary
or
6 Secondary
portions

Tip =

Serve with boiled white and brown rice or roasted yams, cassava and sweet potato or a side salad with lettuce, sliced tomatoes, sliced green and red pepper

High
in vitamin
C and
fibre

Recipe with thanks to Jakefruit (Pamela Lalbachan), cooked and taste tested at Little Ilford School, Newham Catering Services

Nutritional content	Per 100g	Pri serving	Sec serving
Energy kcal	61	92	122
Fat g	3	4.5	6.0
Saturates g	0.4	0.6	0.8
Carbohydrate g	6.8	10.2	13.6
NME sugars g	0.0	0.0	0.0
Fibre/NSP g	2.0	3.0	4.0
Protein g	2.4	3.6	4.8
Iron mg	0.7	1.1	1.4
Zinc mg	0.3	0.4	0.6
Calcium mg	27	41	54
Vitamin A ug	41.5	62	83
Vitamin C mg	11	16.5	22
Folate ug	14	21	28
Sodium mg	221	332	442