

# Cheesy Mexican rice and beans

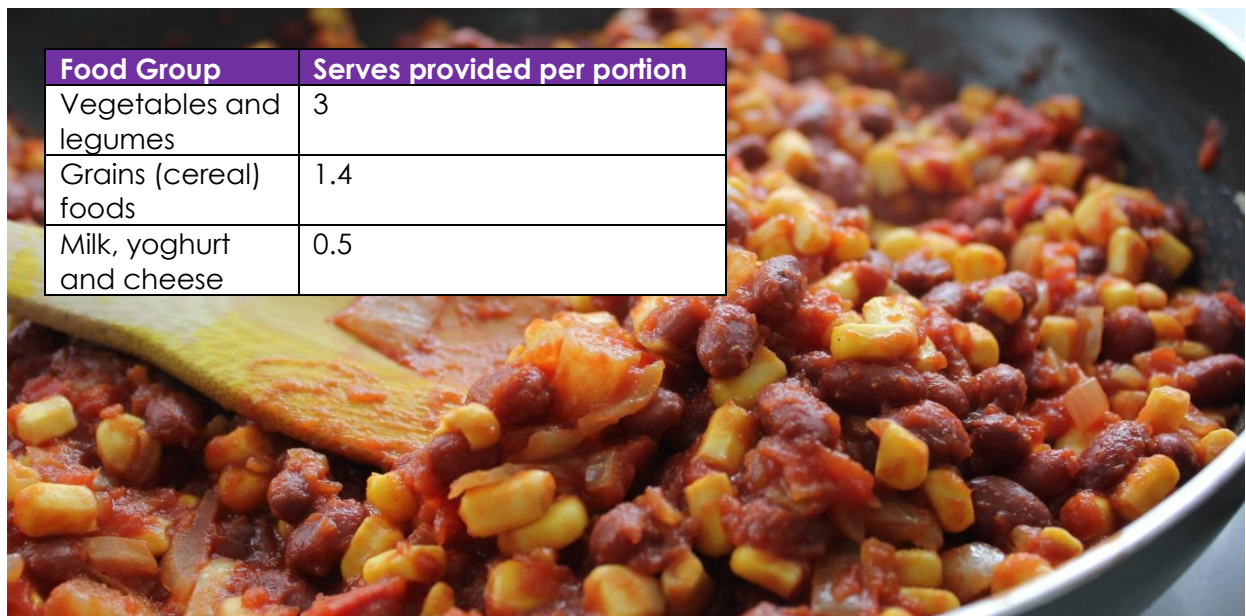
Food Foundations • another NAQ Nutrition program

## Ingredients – serves 20

- ¼ cup olive oil
- 3 onions, finely chopped
- 1 ½ tablespoons ground cumin
- ½ cup no added salt tomato paste
- 2 kg canned no added salt diced tomatoes
- 2 kg canned no added salt kidney beans, drained and rinsed
- 1 tablespoon sugar
- 1 kg rice (use brown rice in place of white rice for extra fibre)
- 800 g can corn kernels, drained and rinsed
- 400 g cheese, grated

## Method:

1. Heat oil in a large saucepan over medium heat. Add onion, cook, stirring for 3 to 4 minutes or until soft.
2. Add cumin, cook, stirring for 2 minutes or until fragrant.
3. Add tomato paste, tomato, beans and sugar. Bring to the boil. Reduce heat to low. Simmer for 20 minutes or until mixture has slightly thickened.
4. Add corn to bean mixture, stir and cook for 2 minutes or until corn is heated through.
5. Cook rice using your preferred method.
6. Mix cheese through rice.
7. Serve rice topped with bean and corn mixture.



Food Group	Serves provided per portion
Vegetables and legumes	3
Grains (cereal) foods	1.4
Milk, yoghurt and cheese	0.5