

MEXICAN BLACK BEANS AND TOMATOES

FREEZER FRIENDLY

VEGAN

VEGETARIAN



 Serves 4  Prep Time 10 minutes  Cook Time 15–20 minutes  Easy As



INGREDIENTS

- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tsp Gregg's Whole Cumin Seeds
- 1 tsp Gregg's Ground Coriander
- 1 Tbsp Wattie's Tomato Paste

METHOD

1. Heat a dash of oil in a saucepan. Add the onion and garlic and sauté over low heat until the onion is soft. Add the Gregg's Whole Cumin Seeds, Gregg's Ground Coriander and Wattie's Tomato Paste. Stir and continue cooking a further minute.

- 2 x 400g cans **Wattie's Mexican Style Tomatoes**
 - 400g can **Wattie's Black Beans in Springwater**, drained
 - 1 Tbsp chopped fresh oregano or 1 tsp dried
 - 1 Tbsp chopped jalapeño peppers (optional)
 - Handful of fresh coriander leaves to garnish
2. Pour over the **Wattie's Mexican Style Tomatoes**. Add the drained **Wattie's Black Beans** and chopped oregano. Stir and bring to the boil. Reduce heat and simmer for 15–20 minutes or until the sauce is reduced by a third. Stir in the chopped jalapeño peppers if wished. Serve in wraps or over rice. Garnish with fresh coriander leaves.

SWAP IT OUT

- Replace black beans with your favourite legumes – canned and drained chickpeas, kidney beans, cannellini beans or pinto beans.

SWITCH IT UP

- Use as the base on pizza and create a Mexican pizza – simply top with your favourite toppings. Here are some other non-vegetarian options using this base recipe:
 - Brown 400g of mince with the onions and garlic. Continue as per the recipe. Serve over nachos or in tacos. It may be necessary to reduce the sauce further if using in tacos.
 - Serve sauce over grilled or crumbed chicken.
 - Great served over a grilled steak.
 - Grill sausages and either pour sauce over or cut cooked sausages into pieces and add to sauce. [Click here to see the recipe!](#)
 - For Mexican fish, flour and pan-fry snapper fillets. Serve sauce over the cooked fish.
 - For a Mexican-inspired cottage pie, brown 400g mince with the onions and garlic and continue as per recipe. Spoon into an ovenproof dish and top with creamy mashed potato. Sprinkle with grated cheese bake until potato is golden and filling hot.