

## **Cooking with Amanda – Lentils and Beans**

### **Class 3 – Tex-Mex Pinto Bean Chili with Broccoli, plus salad**

#### **Equipment needed:**

- Large sharp knife and cutting board
- Garlic press
- Can opener
- Measuring spoons
- Large pot with lid and wooden spoon or spatula

#### **Ingredients:**

- 1 onion – remove skin before class
- 4 garlic cloves – remove skin before class
- 3 cups cooked pinto beans (or 2 cans)
- ½ tsp black pepper
- 2 tsp chili powder
- 1 cup corn
- 1½ cup pasta sauce
- 1½ cup pineapple salsa (12 oz jar)
- 1 tsp Tabasco sauce (optional)

Chop the onion. Add a little water to cover the bottom of the pot. Turn on the heat. Add the onion. Press or chop the garlic and add to the onion. Cover with a lid and cook till soft (5 mins).

Add cooked pinto beans, spices, corn, pasta sauce, salsa, and Tabasco sauce (if using). Bring to a boil, then reduce to simmer for 5-10 mins. Let sauce thicken.

This can be served with fresh salad greens in a tortilla wrap or pita pocket. Alternatively serve over cooked brown rice, or a baked potato, along with some steamed vegetables such as broccoli.

#### **Steamed Broccoli**

##### **Equipment needed:**

- Knife and cutting board
- Pot with steamer tray

Wash broccoli under running water, then cut the tough end of the stalk off. Cut into bite size pieces.

Add ½ inch of water to the pot and bring water to the boil. Place broccoli on steamer tray (or in water) and steam for 5-10 mins (depending on the size of the pieces), until knife can slice through pieces easily.

## **Green Salad with Orange Dressing**

Makes 6 servings

### **Ingredients:**

- 6 cups mixed salad greens (or one large bag of salad greens)
- ¼ cup raw walnuts, chopped
- ½ small red onion, finely chopped
- 1 large tart green apple, chopped, or ¼ cup dried cherries
- 3 tbsp seasoned rice vinegar (or white vinegar, with a little salt and pepper works fine!)
- 2 tbsp orange juice (or 1 tbsp frozen OJ concentrate)

### **Directions:**

Combine salad greens, walnuts, onion, and apple or cherries in a large bowl. In a small bowl or cup, mix vinegar and juice. Dress the salad just before serving. Toss well.