



CLEVER BELLY

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Smokey Mexican Beans

Recipe by Belinda Brown from Clever Belly Kitchen
The whole recipe including salsa and guacamole serves 4 at home.

Equipment:	Ingredients:
Knife	2-3 TBLSP Vegetable Oil
Chopping board and non-slip grip	1 large red onion, diced
Spoon measures	2 cloves garlic, finely chopped
Saucepan or large frying pan	2 bay leaves
Wooden spoon	¼ teaspoon chilli flakes
	½ teaspoon smoked paprika
	½ teaspoon ground cumin
	3 tins of beans (I use black beans, kidney beans and cannellini beans) rinsed & drained.
	2 x 400g tins peeled, chopped tomatoes
	Pita chips
	Tomato Salsa- see recipe
	Guacamole
	Cheese
	Sour cream

What to do:

1. In a large pan heat the vegetable oil over a medium heat and add the onion and saute until translucent.
2. Add garlic and saute for a minute or two.
3. Add bay leaves, chilli, paprika and cumin. Cook until the mixture starts to caramelize, adding a little bit of water to deglaze the pan if needed.
4. Add the beans and tomatoes and simmer, uncovered, stirring occasionally to prevent the mixture sticking on the bottom of the pan.
5. Continue to simmer for 10 minutes or until the liquid has reduced to the point that it has lost any soupiness and you have a nice, spoon-able mixture.
6. Serve with fresh tomato salsa, pita chips and lots of leafy greens.



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Fresh Tomato Salsa

Equipment: Knife Chopping board and non-slip grip Spoon Medium sized bowl Cup measure	Ingredients: 4 medium tomatoes 2 Lebanese cucumbers Juice of a lime 2 spring onions, finely sliced ½ cup coriander leaves, roughly chopped, plus extra to garnish Sea salt & black pepper to taste
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What to do:

1. Dice the tomato and place into a medium-sized bowl.
2. Slice the cucumbers lengthwise down the centre. Using a teaspoon, scoop out the seeds and discard. Finely dice the flesh and add to the bowl.
3. Squeeze over the lime juice, season with salt and black pepper then fold through the spring onions and coriander. Allow to stand to allow flavours to develop before serving garnished with extra coriander.



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Easy Guacamole

Equipment: Knife Chopping board and non-slip grip Spoon Medium sized bowl Spoon measures	Ingredients: 2 Avocados ½ lemon, juiced 2 tablespoons finely diced onion 1/2 teaspoon salt 2 tablespoons extra virgin olive oil
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What to do:

1. Cut the avocados into halves. Remove the stones and scoop out the pulp into a small bowl. Use a fork to mash the avocado.
2. Stir in lemon juice, onion, salt and olive oil. Cover the bowl and refrigerate for up to 1 hour before serving.