



During particularly difficult periods in my life, including a battle with cancer and enduring family violence, food was the last thing on my mind – or in my budget. Uniting helped me with a range of support, including food, which meant I could put a nutritious meal on the table for my kids. It provided a great deal of relief during a really difficult time. These days, my family is flourishing and I'm teaching other single parents in my community basic cooking skills.

# Colleen's family recipes

“My spiced Mexican beans are one of our favourite recipes – it's so simple, and uses mainly non-perishable ingredients donated through the Food for Families appeal. Giving a little, even a tin of kidney beans, might not seem like much, but it means so much to families like mine.”



## My spiced mexican beans

Serves four

### Ingredients

- 1 can kidney beans
- 1 tbsp olive or canola oil
- 1 onion (finely diced)
- 2 cloves garlic (minced), if available
- 1 tbsp paprika
- ½ tsp cayenne pepper (adjust to taste)
- 1 tsp cumin
- Salt and pepper
- ¼ cup tomato paste
- Tomato passata

### Method

1. Drain and rinse the kidney beans.
2. Heat oil in a saucepan over medium-high heat.
3. Add onion and garlic if available, and cook for 3–4 minutes until the onion becomes transparent.
4. Add rinsed kidney beans, paprika, cayenne pepper and cumin, and stir to combine.
5. Add a sprinkle of salt and pepper, to taste.
6. Spoon in tomato paste and stir through.
7. Add the passata and bring to a boil.
8. Reduce heat to low and simmer for approximately 20 minutes, or until the mixture has thickened. Serve.

**Give a little, it means a lot.**  
[givealittle.org.au](http://givealittle.org.au)

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