Recipe By Stephanie Alexander Kitchen Garden Foundation

**Mexican Beans with Roast pumpkin, fennel, and silver beet**

**Ingredients**

2 medium sweet potatoes or pumpkin (approx. 500 g), chopped into 2 cm cubes

1 tsp cumin seeds, dry roasted and ground

1 tsp cinnamon

1 tbsp olive oil, plus extra for drizzling

1 pinch sea salt, to taste

freshly ground black pepper, to taste

2 onions, peeled and roughly chopped

1 red chilli, de-seeded and finely sliced

1 green chilli, de-seeded and finely sliced

1 fennel bulb, roughly chopped

1 handful of silverbeet, shredded

3 garlic cloves, peeled and finely chopped

10 tomatoes, roughly chopped, or 2 x 400 g tins chopped tomatoes

2 x 400 g tins beans or 200 g dried beans soaked and cooked (such as cannellini, kidney, black eyed, chickpeas)

1 small handful of parsley, roughly chopped

1 large handful of coriander, roughly chopped

**METHOD**

Preheat the oven to 200°C.

Prepare all the ingredients based on the instructions in the ingredients list.

Place the sweet potato or pumpkin in the bowl and sprinkle with 1 tsp of cumin and 1 tsp of cinnamon, then drizzle with ½ Tbsp olive oil and a pinch of salt and pepper.

Toss to coat, layer on the baking tray and bake for 20 minutes until soft and golden.

Heat the large saucepan on medium heat and add the remaining olive oil.

Add the onion, chilli, fennel, silverbeet and garlic and cook for 5 minutes. Add the tomatoes and beans.

Stir well and bring to the boil, reduce heat and simmer with the lid on for 20 minutes.

Add some water if the sauce looks too thick.

Stir the pumpkin and herbs through the bean mixture.

Taste and season with salt and pepper.