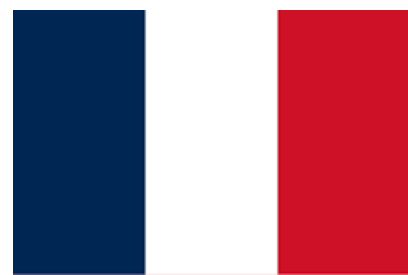


# Bean Hotpot

Adapted from a traditional slow cooked cassoulet and packed full of nutritious vegetables and beans, this hotpot is sure to fill little tummies with a tasty and hearty lunch.



**Influence: French**



Serves 10 children



60 minutes

## INGREDIENTS

### Hotpot

Bean, cannellini, canned in brine, drained 240g (1/2 can)

Bean, red kidney, canned in brine, drained 240g (1/2 can)

Onion 100g (1 large)

Celery, raw 50g (1 stick)

Garlic, peeled, raw 5g (1 clove)

Mushroom, common, raw 120g (6 mushrooms)

Capsicum, green, raw 100g (1 medium)

Tomato, crushed, canned in tomato juice 400g (1 can)

Mixed herbs 5g (1t)

Stock powder 5g (1 t)

Water, tap 250ml (1 C)

Oil, canola 10ml (2t)

### Dumplings

Flour, wheat, wholemeal, self-raising 140g (1C)

Parsley, curly, raw 10g (2t)

Water, tap 60ml (1/4 C)

## DIRECTIONS

1. Grate unpeeled zucchini into a large bowl.
2. Chop onion and celery and grate remaining vegetables.
3. Mix onion, cheese, flour and eggs with vegetables. Combine well.
4. Pour into a greased baking dish and bake for 20-30 minutes at 180°C or until set when tested.
5. Remove from oven and cool slightly before serving.

# Allergy Information

Contains: gluten, wheat.  
Some stock powders, cubes and liquids may contain wheat and/or soy.

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## Childcare RDI Calculator:

Fat	<div></div>	20 %
Vegetables	<div></div>	100 %
Meat/Alt*	<div></div>	60 %
Cereals	<div></div>	40 %
Dairy		0 %
Fruit		0 %

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services