

Vegan Chilli

Makes: 4 Servings

Ingredients

2 medium sweet potatoes
1 onion, diced
2 red or yellow peppers, deseeded and chopped
½ red chilli, deseeded and chopped
2 tablespoons olive oil
1 teaspoon ground cumin
1 teaspoon ground cinnamon
1 teaspoon cayenne pepper
1 x 400g (14oz) tin chickpeas, drained
1 x 400g (14oz) tin kidney or butter beans, drained
2 x 400g (14oz) tins tomatoes
1 large handful of fresh coriander
Coarse salt and pepper
Optional: Greek yogurt



Instructions

Preheat oven to 200C/400F/gas mark 6

Peel and chop the sweet potatoes into small cubes. Add them to a roasting tray and drizzle them with a little oil and sprinkle with salt and pepper before popping into the oven for approx. 30 minutes.

While they're cooking, add the olive oil to a large pot on a medium heat, followed by the spices. Let them toast and sizzle a bit and then add the onion, peppers and chilli to the pot.

Cook for 5-10 minutes until the onions and peppers have softened. Add in the chickpeas and beans and toss well, then add in the tinned tomatoes, stirring well. Let the chilli simmer and reduce for about 30 minutes.

When the sweet potatoes are ready, add them to the pot and give it a stir. Let the chilli cook for at least another 5 minutes after adding the sweet potatoes. The longer the flavours can infuse, the better.

Serve topped with fresh coriander and Greek yogurt, if desired.

Nutrition information:

Each Serving:

Kcal	337
Fat	2g
Net Carbs	22g
Protein	11g