



Sweet potato and bean chilli

Ingredients

2 medium to large sweet potatoes cut into 2cm cubes (6 heaped carb spoons)
2 onions, chopped
2 peppers (red, yellow or orange) sliced
2 cloves of garlic, finely chopped
1 tin of kidney beans
1 tin of chickpeas
2 tins of chopped tomatoes
4 level teaspoons oil (vegetable, sunflower, rapeseed or olive)
2 teaspoons of mild or hot chilli powder
2 teaspoons of ground cumin
1½ level teaspoons of ground cinnamon
1½ level teaspoons of cayenne pepper
Salt to taste

Optional: handful of fresh coriander

 Serves 5-6

Method

1. Preheat the oven to 200 °C /gas 6
 2. Chop the sweet potato into 2cm cubes and put in a bowl with 2 teaspoons of oil and 1 teaspoon of each of the following: cumin, cinnamon, chilli powder and cayenne pepper. Mix well and place on a baking tray, roast for about 30 minutes.
 3. Add 2 teaspoons of oil to a large frying pan, add the chopped onion, peppers and garlic. Cook on a medium heat for 5 minutes and then add the rest of the spices. Cook for another 5-10 minutes.
 4. Drain the beans and add them to the frying pan, along with the tinned tomatoes and bring to the boil. Lower the heat and leave to cook for 20-30 minutes, stir occasionally and add a little extra water if the mixture looks too dry.
 5. Stir in the roasted sweet potato and chopped coriander leaves and season to taste.
- Serve with 1-2 carb spoonful's of rice and corn on the cob

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