

Roasted Sweet Potato Vegetarian Chilli.

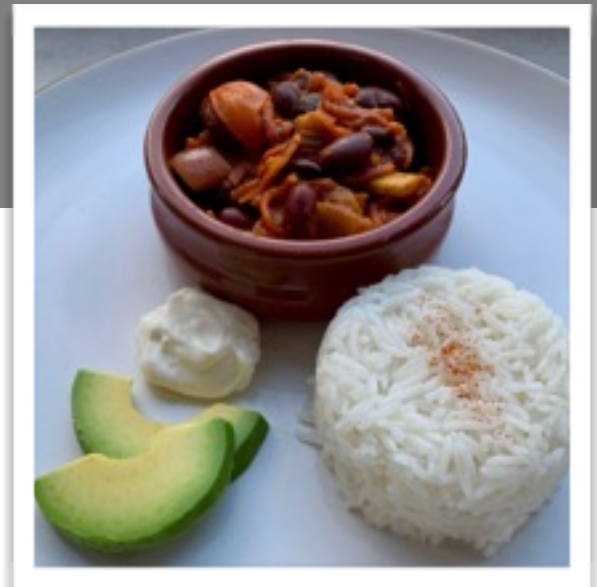
Cooking Time; 35-40 minutes.

Preparation Time; 20 minutes.

Serving – 8

Ingredients;

- 2 Sweet potatoes, peeled and cut into medium chunks
- 2 Tsp smoked paprika
- 2 Tsp ground cumin
- 1 Red onion chopped
- 2 Celery sticks, chopped
- 3 Garlic cloves, crushed
- 1-2 Tsp chilli powder (adjust to suit your taste/spice level)
- 1/2 Tsp cayenne pepper (omit if you don't like it too spicy or add more if you do!)
- 1/4 Tsp cinnamon
- 1 Tsp dried oregano
- 1 Red or yellow pepper, cut into chunks
- 2 Large carrots, peeled and grated.
- 400g Tinned chopped tomatoes
- 250ml Vegetable stock (add more if sauce becomes too thick)
- 1 Tbsp Tomato puree
- 200g Fresh small plum tomatoes, halved
- 400g Tin black beans, drained
- 400g Tin kidney beans, drained
- 2/3 Pieces of dark chocolate



Method;

- 1 Heat the oven to 185°C. Place the sweet potato in a roasting tin, drizzle with olive oil and sprinkle over 1 tsp of cumin, 1 tsp smoked paprika, a little sea salt & cracked black pepper. Toss until each piece is coated. Place in the oven and roast for 25-30 minutes.
- 2 Heat a large glug of olive oil in a large heavy based pan over a medium heat. Cook the onions and celery for 5 minutes.
- 3 Add the garlic, mix well before adding the remaining spices (smoked paprika, cumin, chilli powder, cayenne pepper, cinnamon, oregano) and finally the tomato puree. Stir and cook for 1 minute.
- 4 Add the red pepper, grated carrot, chopped tomatoes and vegetable stock. Bring to the boil then simmer for 20 minutes.
- 5 Finally add the black beans, kidney beans, fresh tomatoes and dark chocolate. Cook for a further 10 minutes.
- 6 Give it a good stir before adding the roasted sweet potato.
- 7 Season to taste. Serve with rice, cream fraiche & avocado slices.

Author Notes.

Try doubling up the batch as this recipe is suitable for freezing for up to 3 months.