



INGREDIENTS

- 1 medium-sized sweet potato, approx. 250g, peeled if preferred
- ½ level tsp cayenne pepper
- ½ heaped tsp ground cumin
- ½ level tsp ground cinnamon
- 1 small onion
- 1 red or yellow pepper
- 1 clove garlic
- small bunch fresh coriander (approx. 15g)
- 2 fresh chillies, 1 red, 1 green
- 400g tinned beans (such as kidney, chickpea, pinto and cannellini)
- 400g tomatoes, chopped

FROM YOUR CUPBOARD

- sea salt & black pepper
- 1-2 tbsp olive oil
- soured cream (optional)
- guacamole (optional)
- either rice or tortillas, or, for a healthier option, baby gem lettuce leaves to serve (all optional)

1 Preheat the oven to 200°C/400°F/gas 6.

2 Cut the sweet potatoes into bite-size chunks. Sprinkle each with a pinch of the spices, salt and pepper. Drizzle with olive oil and toss to coat, then spread out on a baking tray and set aside.

3 Peel and roughly chop the onion. Halve, deseed and roughly chop the peppers. Peel and finely chop the garlic.

4 Pick the coriander leaves and put aside, then finely chop the stalks. Deseed and finely chop the chillies.

5 Place the sweet potatoes in the hot oven for 40 minutes, or until soft and golden.

6 Meanwhile, put a large pan over a medium heat and add roughly a tablespoon of olive oil. Add the onion, peppers and garlic and cook for 5 minutes.

Serves: 
 Prep: 15 mins
 Cook: 40 mins
SUTTON
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Veggie Chilli

VEGETARIAN



7 Add the coriander stalks, chilli and spices and cook for another 5 to 10 minutes, or until softened, stirring every couple of minutes.

8 Drain the beans, then tip them into the pan with the chopped tomatoes. Stir well and bring to the boil, then reduce to a medium-low heat and leave to tick away for 25 to 30 minutes, or until thickened and reduced. Keep an eye on it, and add a splash of water if it gets a bit thick.

9 Stir the roasted sweet potato through your chilli with most of the coriander leaves. Taste and season with salt and pepper if required.

10 Scatter the remaining leaves over the top, and serve with some soured cream, guacamole, baby gem lettuce, rice or tortilla chips, or any combination.