

Sweet Potato and Black Bean Chilli



A hearty meat free alternative, this nutritious vegan chilli will surely warm you up.

Ingredients

2 cups sweet potato, 2cm dice (roughly 1 medium sweet potato)

1 capsicum, diced

1 onion, diced

1 carrot, diced

1 celery stalk, diced

1 tsp cumin, ground

1 tsp oregano

1 tsp garlic powder

1 tsp smoked paprika

400 g salt reduced black beans, drained and rinsed

400 g canned tomatoes

125 g canned corn, drained

- 1 tbsp pickled jalapeno, chopped (optional)
- 1 tbsp coriander leaves, chopped for garnish
- 1 avocado, sliced for garnish

Method:

1. Preheat the oven to 190C.
2. On a lined baking tray, toss the sweet potatoes and capsicum with a drizzle of olive oil. Spread out evenly in one layer on the tray and bake in the oven for 15-20 minutes or until tender. Remove from the oven and set aside.
3. In a saucepan over medium heat, drizzle olive oil and saute the onions, carrot and celery. When softened, add the cumin, oregano, garlic powder, paprika, and the four bean mix. Cook for 4-5 minutes then add the tomatoes, 1 cup of water, corn and jalapenos if using. Cook for a further 10-15 minutes until slightly reduced, then add the roasted sweet potatoes and capsicum. Season to taste.
4. Serve with sliced avocado and a sprinkling of coriander.