

Vegetable Chilli

Serves 4



Ingredients

1	onion
1	red pepper
1	yellow pepper
1 small bunch	fresh coriander (optional)
2	garlic cloves
400g (14oz)	tinned kidney beans
400g (14oz)	tinned 'other' beans, such as chickpea, pinto or cannellini
400g (14oz)	tinned chop tomatoes
200ml	vegetable stock (1 stock cube in 200ml water)
2 medium sized	sweet potatoes, or butternut squash (500g) if you prefer
1 tsp	cayenne pepper or substitute coriander if you prefer no heat
2 tsp	ground cumin
1 tsp	ground cinnamon
3 tbsp	olive or other vegetable oil you have available
Pinch	salt & black pepper
	brown or white rice or pitta breads, tortillas, naan to serve with.
	low fat Greek yogurt (To reduce spiciness.)



Keighley Healthy Living

How to make this recipe

- Heat your oven to gas mark 7, electricity 220 °C or electric fan oven to 200 °C.
- Peel the sweet potatoes and chop into approximately 1 cm cubes. De-seed the peppers and chop into chunky pieces, now pop them and the sweet potatoes into a bowl and pour over 2 tbsp of oil and mix well. Now put these on a baking tray and roast in the oven for 15 – 20 minutes until soft enough to put a fork through.
- Meanwhile, dice the onion and add it to the pan with 1 tbsp of oil and stir fry until softened.
- Add the chopped garlic, cayenne pepper, cinnamon and cumin and a pinch of salt and pepper and stir together, cook for a minute. Now add the chopped tomatoes, vegetable stock and the 2 cans of drained and rinsed beans. Bring to the mixture to the boil and then reduce the heat to a simmer. Don't cover the pan as you want to sauce to reduce and thicken a little.
- After simmering for 20 minutes add your roasted sweet potatoes and red and yellow peppers which should be just ready from the oven and cook altogether for a further 10 minutes. Now serve some of your chilli onto a plate or bowl.
- Garish the chilli by sprinkling over some fresh coriander leaves, and if you like it, a tablespoon of low fat Greek yogurt (this ingredient can be used to reduce the spicy heat of the dish).

Serve: with either brown or white rice, pitta breads, tortillas, chapattis, nan or a combination of these.

KHL top tips:

- If you don't like heat in your chilli, substitute the cayenne pepper for ground coriander.
- This dish freezes well or can be stored in the refrigerator if you don't eat it all on the same day.
- This recipe is very versatile you can change the vegetables or the kind of tinned beans you add each time you make it to change the flavours.

