



## Chilli bean stew

Beans are one of those wonderful foods that contain potent phytochemicals that may protect the body's cells against damage that can lead to cancer. This vegan friendly recipe is not only delicious on a cold night but it's a great way to increase your intake of legumes.

### Ingredients

• 45ml Extra Virgin Olive oil or Canola seed oil • 2 Sweet potatoes, peeled and cut into medium chunks (leave unpeeled for more fibre) • 10ml Smoked paprika • 10ml Ground cumin • 1 Onion, chopped • 2 Carrots, chopped • 2 Celery sticks, chopped • 2 Garlic cloves, crushed • 7.5ml Chilli powder (depending on how hot you like it) • 5ml Dried oregano • 15ml Tomato purée • 1 Red pepper, cut into chunks • 2 x 400ml Cans chopped tomatoes • 400ml Can black beans, drained • 400ml Can kidney beans, drained • Long grain white, basmati or brown rice and coriander (dhanian) to serve.

### Directions

1. Heat the oven to 180°C. Put the sweet potato in a roasting dish and drizzle over the oil, smoked paprika and ground cumin. Make sure all the chunks are coated in spices, season with little salt, and with pepper, then roast for 25 minutes until cooked.
2. Meanwhile, heat the remaining oil in a large saucepan over a medium heat. Add the onion, carrot and celery. Cook for 8-10 minutes, stirring occasionally until soft, then add the garlic and cook for one more minute.
3. Add the remaining dried spices and tomato purée. Give everything a good mix and cook for one more minute.
4. Add the red pepper, chopped tomatoes and 200ml water. Bring the chilli to a boil and simmer for 20 mins.
5. Add the beans and cook for another 10 minutes before adding the sweet potato.
6. Season to taste and serve with cooked rice and coriander.