



Vegetable Chilli

1 large onion, finely diced
1 tbsp vegetable oil
2 cloves garlic, finely chopped
1 stick celery, finely chopped
1 carrot, finely chopped
1 tsp cayenne pepper
1 tsp ground cumin
1 tsp ground coriander
½ tsp cinnamon
1 tsp smoked paprika
1 sweet potato, peeled and diced into 2cm chunks
1 pepper, cored and sliced into strips
1 courgette, cut into 0.5cm rounds
1 x 400g tin kidney beans, drained
1 x 400g tin black beans, drained
2 x 400g tins chopped tomatoes
Salt and pepper

1. Prepare your vegetables.
2. Heat the oil in a large saucepan and add the onions. Add 3 pinches of salt.
3. Cook them until they are soft, which will take about 7 minutes on a medium heat, stirring often.
4. Add the garlic, chilli and spices and stir for another 2 minutes.
5. Add the red pepper, sweet potato and courgette and stir them until they are well coated in the spices.
6. Add the beans and tomatoes and simmer for 20 minutes.
7. Taste the chilli and season with salt and pepper.