

Chili con carne (Square food)

A large sweet potato
1 medium onion
1 clove garlic
½ red pepper
1 tsp chilli powder
1 tsp cumin
½ tsp cinnamon
1 tsp paprika
1 tsp oregano
1 tin black beans
1 tin chopped tomatoes
1 tbsp tomato puree
300g minced beef

1. Oven on and get the sweet potato chopped and roast some wedges.
2. Peel and finely chop the onion, garlic and cut the pepper into 2cm dice.
3. Soften all the vegetables in a large pan over a medium heat, in a little oil.
4. Add all the spices and stir for 2 mins; then stir in the tomato puree.
5. Add the minced beef, turn up the heat a little and stir until browned.
6. Add the tomatoes and half a can of water, plus the black beans.
7. Stir thoroughly and simmer gently for about an hour with the lid half on. Add a splash of water at any point if it looks as if it's drying out.
8. Delicious with some chopped coriander and sliced spring onions scattered on the top.