

Roasted Sweet Potato Chilli

Ingredients:

250g sweet potatoes
½ onion
½ red pepper
½ green or yellow pepper
½ red chilli
½ green chilli
1 clove of garlic
1 tin of kidney beans
1 tin of chopped tomatoes
½ tsp cumin
½ tsp cinnamon
½ tsp cayenne pepper



Method:

1. Peel the sweet potatoes and chop into roughly 1 inch cubes. Place in a bowl and sprinkle with oil, cumin, cinnamon and cayenne pepper. Shake to coat and then spread out on a baking tray. Place in the oven at 200°C and roast for 30 minutes.
2. Peel and roughly chop the onion and peppers. Finely chop the garlic. Deseed and finely chop the chillies.
3. In a large pan over a medium-high heat, add 2 tbsp. of oil and the onions, peppers and garlic. Cook for 5 minutes.
4. Add the chillies and the spices and cook for a further 5-10 minutes until softened. Stir it every couple of minutes.
5. Add the beans and the tinned tomatoes, stir well and bring to the boil. Reduce to a medium-low heat and leave for 25 minutes until thickened and reduced.
6. Stir in the roasted sweet potatoes.