



Sweet Potato and Black Bean Chilli



4 servings



35 minutes

INGREDIENTS

2 tbsp Olive oil
1 Large sweet potato
1 Large onion
4 Cloves of garlic
2 tbsp Chilli powder
4 tsp Cumin
1/2 tsp Chipotle chilli
1/2 tsp Salt
1 Tin of black beans
1 Tin of diced tomatoes
1/2 a Lime
Fresh Corriander
Pitta Bread

HUMMUS

1 Tin of chickpeas
1 Clove of garlic
1 tbsp tahini paste
1/2 lemon
Olive oil

NOTES

Taste the hummus and add extra seasoning if needed.

Add extra chillies if you want a hotter chilli!

DIRECTIONS

1. Heat the oil in a wide pan over a medium heat.
2. Finely dice sweet potato and onion, add to the pan and stir until onions are softened.
3. Add garlic, chilli powder, cumin, chipotle and salt. Continue stirring, coating all the vegetables.
4. Add 2 cups of water, bring to a simmer.
5. Cover, reduce heat and cook until sweet potatoes are tender.
6. Add the beans, tomatoes and lime juice. Turn the heat up until boil, then reduce heat to a simmer and cook until all vegetables are softened.
7. Remove from the heat, add chopped corriander.

HUMMUS

1. Drain the chickpeas and put in a large bowl.
2. Peel and chop the garlic, add to the bowl with tahini paste and juice of lemon, tbsp of oil.
3. Season with salt and blitz with a hand blender