

Veggie Bean Chilli

SERVES 4-6

COOKING TIME: 50 MINUTES

Ingredients

1 onion, chopped	2 tsp ground cumin
1 carrot, chopped	2 tsp smoked paprika
2 stalks of celery, chopped	1tsp dried oregano
3 cloves of garlic, chopped	Chilli powder (to taste)
1 red pepper, chopped in to chunks	350ml vegetable stock
2 small sweet potato	2 tbsp chopped coriander, plus extra for garnishing
2x tins of chopped tomatoes	
2x tins of beans (of your choice e.g. kidney, cannellini, black, pinto etc)	

Directions

1. Peel and chop the sweet potato into small chunks. Season and toss in some oil, then roast until soft.
2. Heat some oil in a large pot and fry the onion, carrot and celery for approx. 5-10 minutes, until tender and the onions translucent.
3. Add the garlic, chilli powder, cumin, smoked paprika and oregano. Cook for about 1 minute, until fragrant while stirring constantly.
4. Add the tomatoes, pepper, the drained beans and vegetable stock. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.
5. For the best texture and flavour, transfer 350ml of the chilli to a blender, making sure to get some of the liquid portion. Blend until smooth (watch out for hot steam), then pour the blended mixture back into the pot.
6. Season with salt and pepper, add the chopped coriander and stir to combine.