

Andrea's Addictive Vegetarian Chilli

400-500g sweet potato, peeled and cut into 1 ½ cm cubes
1 teaspoon cumin seeds
1 tablespoon olive oil

1 large yellow onion, chopped
1 red pepper, chopped
2 tablespoons olive oil
3 cloves of garlic, peeled and minced
2 teaspoons **mild** chilli powder (a mixture of several spices)
2 teaspoons **smoked** paprika
1 teaspoon ground cumin
1½ teaspoons sea salt
1 tin red kidney beans in water (**not in chilli sauce!!!**), drained and rinsed in a colander (275g cooked)
1 tin black beans, drained and rinsed in a colander (or 260g cooked)
1 tin chopped tomatoes
500 ml vegetable stock (plus more for thinning if desired)
large handful of coriander (both stalks and leaves)

- Preheat the oven to 200C/gas mark 6.
- Put the cubed sweet potato in a roasting tray with a tablespoon of olive oil and a teaspoon of cumin seeds. Mix well. Roast for approximately 25 minutes, taking them out half way to give them a stir. Set aside.
- In a very large saucepan or a medium sized stockpot, heat two tablespoons of olive oil over moderate heat. Add the chopped onion and pepper and fry gently until they go a bit soft, about 4-5 minutes.
- Finely chop the stalks of a large handful of coriander... This should give you approximately a tablespoon or so.
- Add the coriander stalks, garlic and spices to the pot. Stir for a minute or two.
- Add a tin of chopped tomatoes, a tin of rinsed kidney beans, a tin of rinsed black beans and 500 ml of stock. Stir well and bring up to a simmer (a slow bubble).
- Cook for 30-45 minutes, stirring occasionally and adding water if the mixture gets too dry.
- Five minutes before you are ready to eat, add the roasted sweet potato to the pot as well as the chopped coriander leaves.

Serve the chilli with dollops of sour cream, chopped spring onions and grated mature cheddar.

(To make a complete meal, serve over rice or with corn bread.)