



BLACK BEAN CHILLI

A simple and tasty Mexican style dish that is perfect in soft taco's or tortilla's or accompanied with rice. Its warm, spicy and soft on the palate.

Serving Size: 6

Ingredients:

1/4 cup olive oil

3 large sweet potatoes, diced (about 1kg in total)

1 large red onion, diced

2 garlic cloves

2 tablespoons chilli powder

1 teaspoon ground cumin

1 pinch cayenne pepper

1/2 teaspoon black pepper

2 cups black turtle beans (soaked overnight and rinsed)

4 large tomatoes, diced

4 cups of vegetable stock

Avocados to garnish

Method:

Warm up the olive oil in a large saucepan over medium heat.

Add the sweet potato and onion and stir occasionally until the onion is translucent and the sweet potato is slightly soft. (about 7-8 minutes).

Add the garlic and cook for a further 30 seconds to a minute.

Stir in the spices, followed by the black turtle beans, tomatoes and stock.

Bring to the simmer then reduce the heat to medium-low. Cover your pot, stirring occasionally for the next 45 minutes.

Remove the lid and continue cooking until the beans are soft (around 1 minute).

Serve with avocado and rice.

Gluten Free | Dairy Free | Vegetarian | Vegan | Refined Sugar Free