

# Vegetarian Chilli Con Carne

Recipe adapted from [jamieoliver.com.au](http://jamieoliver.com.au)



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Traffic light category: Green

Serves: 14

## Ingredients

- 2 medium sweet potatoes, peeled and cut into bite sized chunks
- 1 bunch of fresh coriander, leaves removed, stalks chopped
- 1 teaspoon cayenne pepper
- 2 fresh red/green chillies, finely chopped (optional)
- 1 teaspoon ground cumin
- 2 x 400g cans beans (e.g. kidney beans, chickpea, cannellini), washed and drained
- 1 teaspoon ground cinnamon
- 2 x 400g cans chopped tomatoes
- Freshly ground black pepper
- Olive oil spray
- 1 tablespoon olive oil
- 1 brown onion, diced
- 1 red capsicum, diced
- 1 yellow capsicum, diced
- 2 cloves garlic, crushed

## Directions

1. Preheat the oven to 200 °C
2. Sprinkle sweet potato with a pinch each of the cayenne, cumin, cinnamon and pepper (reserve the remaining spices for later). Spray with olive oil and toss to coat, spread out on a baking tray and place in hot oven for 30 minutes or until soft and golden, remove from oven and set aside
3. Place a large pan on medium heat, add olive oil, onion, capsicums and garlic, cook for 5 minutes
4. Add the coriander stalks, chilli (if using) and remaining spices; cook for another 5-10 minutes, or until vegetables have softened, stirring every couple of minutes
5. Add beans and tomatoes. Stir well and bring to the boil, then reduce to a medium-low heat for 25 - 30 minutes, or until thickened and reduced. Add ½ cup water if it becomes too thick
6. Stir the roasted sweet potato and coriander leaves through the chilli, serve with rice or toasted pita bread.

