

Vegetarian Chilli Con Carne

Traffic light category: **Green**

Serves: 14

Ingredients

- 2 medium-size sweet potatoes, peeled and cut into bite sized chunks
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 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
- 1 bunch of fresh coriander, leaves removed, stalks chopped
- 1 fresh red chilli, finely chopped (optional)
- 1 fresh green chilli, finely chopped (optional)
- 2 x 400g cans beans (e.g. kidney beans, chickpea, cannellini), washed and drained
- 2 x 400g cans chopped tomatoes

Method

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 pitta bread.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	625.7kJ	259.8kJ
Protein	6.9g	2.8g
Total fat	2.9g	0.8g
Saturated fat	0.3g	0.1g
Carbohydrate	19.6g	8.9g
Sugars	7g	3.7g
Dietary fibre	6.5g	3.4g
Sodium	190mg	85.1mg



Recipe adapted from <http://www.jamieoliver.com>



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