

Smoky Chilli Con Vegetable

Ingredients:

- 1 bunch spring onions
- 4 cloves garlic
- 1 sweet potato
- 4 tomatoes
- 2 tins black beans or kidney beans
- 1 table spoon Cajun seasoning

What to do:

- 1) Chop spring onions and garlic.
- 2) Peel and dice sweet potato.
- 3) Cook sweet potato, onion and garlic in a large pan till nicely charred.
- 4) Blend tomatoes, 1 tin of beans with the juice and Cajun seasoning until smooth.
- 5) Pour tomato and bean blend over sweet potatoes.
- 6) Add the remaining tin of beans with the juice to the pan.
- 7) Simmer for around 20 mins stirring occasionally and loosening with splashes of water if needed.