

# Vegan Chilli with Chilli Herbsalt



Always a firm favourite and so simple to make.  
All your favourite herbs mixed and ready to go!

## Ingredients

3 tbs olive oil  
2 sweet potato peeled and cut into chunks  
2 tsp cumin  
1 onion chopped  
2 carrots chopped  
2 celery sticks chopped  
1 tsp approx of Chilli garlic & Parsley Fresh Herb Salt - add sparingly as spicy! You can always add more at the end.  
1 tbsp tomato puree  
1 x red pepper - fresh or bottled ready roasted  
2 x 400g chopped tomatoes  
400g can Black Beans  
400g can Kidney Beans  
Lime Wedges, Sliced Avocado or guacamole, basmati rice and coriander to serve

## Method

Put sweet potato in a roasting tin, drizzle half of the olive oil and sprinkle the cumin over and give it a good mix to coat. Roast for 25 minutes.

Heat remaining oil in a pan over a medium heat and add the onion, celery & carrot cooking for a further 10 minutes stirring occasionally until soft. Add the Chilli garlic & Parsley Fresh Herb Salt and cook for 1 minute more. Add the tomato puree and cook for a further few minutes.

Add the red peppers, chopped tomatoes and about 200 ml of water. Bring it all to the boil and simmer for another 20-25 minutes. Add the beans about 10 minutes towards the end of cooking and then the sweet potato. Season to taste adding a little more chilli if needed. Serve with lime wedges, avocado, rice and coriander. **ABSOLUTELY DELICIOUS AND INCREDIBLY HEALTHY!!**