

# Mixed Bean Chilli with Spicy Sweet Potato Wedges & Sour Cream Dip

## INGREDIENTS

1 Tin of Tomatoes  
1 400g Tin of mixed beans  
1 chopped onion  
1 chopped stick of celery  
1 chopped clove of garlic  
1 tsp fresh chilli  
1tsp Cumin, Coriander & Paprika  
2 Sweet Potato peeled and cut into wedges  
Oil  
Breadcrumbs mixed with sprinkle of chilli powder

1. Take the wedges and coat in oil and then coat in the breadcrumb mix. Place on the baking tray and bake at 180 degrees
2. Sauté onion, celery and garlic in little oil, when translucent add chilli and spices and mix through for a couple of minutes
3. Add the tomatoes and bring to a simmer and then leave for 10—20 minutes stirring occasionally.
4. Add the mixed beans and cook on a low heat for 10-15 minutes until the beans are thoroughly heated through.
5. Serve with sour cream

Serve in tortilla boats and add you can add additional toppings of salsa, fresh guacamole and some shredded cheese if you want to.

