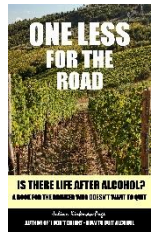


# 'I Don't Drink' - Vegetarian Recipes



## Sweet Potato Chilli

(serves 2-3 hungry people)



Add to a giant pot:

- 1 vegetable stock cube
- 1 crushed garlic clove
- 1 teaspoon nigella seeds (poppy seeds)
- 1 teaspoon cumin seeds
- 1 teaspoon chilli powder
- ½ teaspoon fresh chillies
- 2 red onions peeled and chunky chopped
- 1 yellow or red pepper deseeded and chunky chopped

Add ¼ cup of water and boil until the onions and pepper soften up. Stir well with a wooden spoon to make sure the spices infuse with the pepper and onions.

Now add:

- 3 large sweet potatoes (1 kilo approx.) peeled and chopped into 1 inch square cubes
- 1 tin of chopped tomatoes and stir well. Then add ½ cup of water and add
- 1 tin kidney beans and stir well.

Now:

Place the lid on the pot and bring to boil.  
Once boiling, simmer for 30 minutes with the lid on, stirring occasionally until the sweet potato is soft.



Serve with nan, garlic or pitta bread and add grated cheese if desired and enjoy!

And don't forget to have a nice big glass of fresh water as well!