Recipe

cowgirl millie's sweet potato chilli

Cowgirl millie has packed her sweet potato chilli with goodness! Slowly simmered with rich savoury umami flavours from onions, mushrooms, garlic, cumin, smoked paprika, and lots of beans. This rich, veg filled chilli is a firm Nursery Kitchen favourite, especially when served with rice, grated cheese, tortilla wraps, and our dips!

Ingredients

A glug of cooking oil

1 large onion - chopped

140g mushrooms- finely chopped

2 large sweet potatoes - chopped in chunks

4 garlic cloves- finely chopped

½ tsp cinnamon

1 tsp smoked paprika

½ tsp ground coriander

Pinch of mild chilli flakes

1tbsp tomato paste

400ml water

650g tomato passata

400g tomatoes- chopped

1 veggie stock cube

1 tin kidney beans

1 tin black beans

1 tin borlotti beans

25g quinoa

250g frozen sweetcorn

2 red peppers- roughly chopped

Method

Add oil to a wide based pan with tall sides on a medium heat

Add chopped onions and chopped mushrooms and cook gently until golden and caramelised

Add sweet potato, chopped garlic, all spices and mix well, cooking for just 1 minute until spices are fragrant

Add tomato paste and stir to incorporate then add water, passata, chopped tomatoes, stock and all beans and allow to a simmer, stirring occasionally to avoid anything sticking to the bottom of the pan

Allow to reduce for at least half an hour until thickened

Add quinoa, frozen sweetcorn and red pepper and cook for 10 minutes

Once quinoa is swollen, add your lime juice and taste to make sure you're happy!

You could eat this dish on its own or with rice, or as a burrito, enchiladas, nachos... let your creativity take over!

Please note: This recipe is correct at the time of publication on 16/06/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

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