**Vegetable Chilli**

* 400g (1 tin) of chopped tomatoes
* 1 tin of kidney beans
* 1 tin of chickpeas
* One medium sweet potato
* An onion
* A pepper
* A carrot
* 2 cloves of garlic
* 1 tbsp of tomato puree
* 1 tsp of mixed herbs
* 1 tsp of chilli powder
* 1 stock cube (I prefer beef flavoured) in 200mls water
* Spray Cooking Oil

1. Peel the sweet potato and cut into small cubes (smaller is faster to cook). Chop the onion, pepper and garlic and peel and grate the carrot.
2. Drain the chickpeas and kidney beans from their tins.
3. Spray the pan with the cooking oil spray, then add the onion, peppers and garlic and cook until they have softened.
4. Add the stock, the chopped tomatoes and the sweet potato cubes, cook for a few minutes.
5. Add the chickpeas, kidney beans, chilli powder, mixed herbs, tomato puree and grated carrot.
6. Simmer on a medium heat for 20 minutes until most of the liquid has evaporated.
7. Serve with boiled rice or a jacket potato.