



Veggie Protein Chilli

A protein packed vegan chilli, perfect after a swim, bike, run or strength workout. This easy supper is simple to make and freezable if you want to batch cook. Packed with protein to help repair and rebuild your muscles after a hard training session.

Serves: 2, Prep time: 00:12, Cook time: 00:55

Instructions

1. Heat the oil in a large saucepan and add the onion, chilli and garlic and cook without colouring for 1-2 mins. Tip in the sweet potato, spices and some seasoning, then pour in the beans and chopped tomatoes. Fill one of the empty cans with water and add to the pan, then bring to the boil and turn down to a simmer.

2. Cook for 45-50 mins or until the sweet potato is soft and the sauce has reduced, add some water if the sauce looks a bit thick. Stir through the lime juice, season to taste and serve with cauliflower rice.

Did you know Just one sweet potato gives you 400% of the vitamin A you need each day. This helps keep your eyes healthy as

Ingredients

- 1 tablespoon Oil, olive
- 0.5 Onion, Finely chopped
- 0.5 Chili, Red Fresh, Finely chopped
- 1 Garlic, cloves, Finely chopped
- 1 Sweet Potato, Small, cut into chunks
- 0.5 teaspoon Cumin
- 0.5 teaspoon Paprika, Smoked
- 0.5 teaspoon Cayenne pepper
- 0.5 teaspoon Cinnamon, Ground
- 400 grams Mixed Beans, Can (14 oz)
- 400 grams Chopped Tomatoes, Can (14 oz)
- 1 Lime, juiced to serve
- 120 grams Cauliflower Rice, To serve (4 oz)

well as your immune system. They are also a powerful anti-oxidant.

For a FREE recipe book click [here](#) [Chili Tri](#)

Nutrition stats

Protein: 25g

Calories: 658

Carbs: 88g

Fibre: 23g

Fat: 17g

Recipe by James Collins, Performance Nutritionist