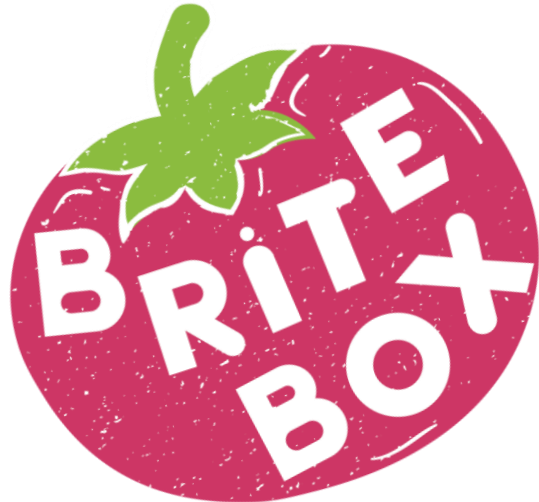


**SMOKY SWEET
POTATO & BEAN
STEW WITH
DUMPLINGS**



INGREDIENTS

1 tbsp vegetable oil*
2 cloves of garlic,
finely chopped
1 large red onion,
finely sliced
300g sweet potato,
peeled and diced
1 400g tin of chopped
tomatoes
1 400g tin kidney beans
in chilli sauce
1 400g tin black beans
or similar (drained)
250ml water*
1 tsp paprika
1 tsp cumin
1 tsp cayenne pepper
125g self-raising flour
60g unsalted butter,
cubed
70g mature cheddar

SERVES 5

cheese, grated
4 tbsps cold water*
salt & pepper to taste*

EQUIPMENT

Chopping board, sharp
knife, large ovenproof
pan with a lid or large
pan with a lid and an
oven proof dish, large
bowl, wooden spoon,
measuring jug, grater

ALLERGENS

Gluten (flour), dairy
(butter, cheese)

*not provided

ENERGY SAVING TIP!

To avoid using the oven follow this
recipe until Step 5. Serve with rice
instead of dumplings!

STEP 1

- Prepare the onion, garlic and
sweet potato as instructed.



STEP 2

- Heat the oil in the pan over a medium heat.
- Add the onion and a pinch of salt and fry for 7 mins until the onion has softened.



STEP 3

- Add the garlic and sweet potato and fry for 3 mins before stirring in all the spices.



STEP 4

- Stir in the tomatoes, beans and 250ml water, put the lid on the pan and simmer gently over a low to medium heat for 25 mins (or until the sweet potato has softened.)



STEP 5

- Heat the oven to 200C/180C fan/Gas 6. Put the flour in a bowl and mix with $\frac{1}{2}$ tsp salt.
- Add the small cubes of butter and rub together with your fingers until the mixture looks like breadcrumbs.



STEP 6

- Stir in the grated cheese, then quickly mix in 4 tablespoons of cold water.

STEP 7

- Roll the mixture into 8 dumpling balls. Place them on top of the stew mixture if your pan is ovenproof.
- OR Transfer the stew mixture to an ovenproof dish and place the dumplings on top.

STEP 8

- Cook in the oven for 20 mins or until the dumplings are puffed up and light brown.
- Remove from oven, serve and enjoy this lovely savoury dish!



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