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# Slow Cooked Spicy Vegetable and Bean Stew with Greek Yoghurt.

## Ingredients

2 onions
2 cloves of garlic
1 large red chilli
1 small sweet potato [about 400g]
Half a butternut squash [about 500g]
2 tablespoons of olive oil
1 tablespoon of hot Hungarian paprika
A heaped teaspoon of ground cumin
A heaped teaspoon of ground coriander
2 tablespoons of tomato puree
500ml good vegetable stock
400g can of chopped tomatoes
400g can of mixed pulses
Salt and black pepper
1 red pepper
1 yellow pepper
2 large courgettes
1 aubergine
2 limes
A handful of fresh coriander
Thick Greek yoghurt

**Servings**
6
**Person**

## Preparation

1. Peel, halve and slice the onion. Peel and finely chop the garlic. Peel the sweet potato and butternut squash and chop both into small chunks. Deseed and finely chop the red chilli.
2. Heat the oil in a large pan and very gently saute the onion for 3 minutes. Add the garlic and cook for 2 minutes. Stir in the chilli and the prepared butternut squash and sweet potato and cook gently for 5 minutes, stirring occasionally.
3. Add the tomato puree, the paprika, the cumin and coriander and stir well.
4. Stir in the chopped tomatoes. Drain the canned pulses and add them too. Pour in the hot stock, stir and season well with salt and pepper.
5. Tip the stew into a slow cooker and cook for 30 minutes on high.
6. Deseed and chop the peppers into bite sized pieces. Chop the courgettes and aubergine into small chunks. Stir them into the stew.
7. Cook for 3 hours on high, or 5-6 hours on low, until the vegetables are cooked through. Stir gently occasionally, avoiding breaking up the pieces of vegetable, Add a little more stock if required and check the seasoning.
8. Serve garnished with chopped coriander and accompanied by wedges of lime and thick Greek yoghurt.

## Cooks Note

This is a great vegetarian dish served by itself, or with rice, couscous or crusty bread for bigger appetites. Alternatively, serve a smaller portion as a side dish with chicken, fish or steak.