



VEGAN CHILLI

INGREDIENTS

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| 3 tbsp olive oil | 1-2 tsp chilli powder |
| 2 sweet potatoes,
(peeled and cut into chunks) | 1 tsp dried oregano |
| 2 tsp smoked paprika | 1 tbsp tomato purée |
| 2 tsp ground cumin | 1 red pepper, cut into chunks |
| 1 onion, chopped | 2 x 400g cans chopped tomatoes |
| 2 carrots, chopped | 400g can black beans, drained |
| 2 celery sticks, chopped | 400g can kidney beans, drained |
| 2 garlic cloves, crushed | guacamole, rice and coriander
to serve |


METHOD

1. Heat the oven to 200C/180C fan/gas 6. Put the sweet potato in a roasting tin and drizzle over 1½ tbsp oil, 1 tsp smoked paprika and 1 tsp ground cumin. Give everything a good mix so that all the chunks are coated in spices, season with salt and pepper, then roast for 25 mins until cooked.

1. Meanwhile, heat the remaining oil in a large saucepan over a medium heat. Add the onion, carrot and celery. Cook for 8-10 mins, stirring occasionally until soft, then crush in the garlic and cook for 1 min more. Add the remaining dried spices and tomato purée. Give everything a good mix and cook for 1 min more.

3. Add the red pepper, chopped tomatoes and 200ml water. Bring the chilli to a boil, then simmer for 20 mins. Tip in the beans and cook for another 10 mins before adding the sweet potato. Season to taste then serve with guacamole, rice and coriander.

Recipe: [bbcgoodfood.com](https://www.bbcgoodfood.com)





VEGAN MARBLE CAKE

INGREDIENTS

FOR THE VANILLA CAKE MIX:

250g plain flour
100g caster sugar
1 tsp bicarbonate of soda
290ml soya milk
Zest of 1 lemon
150ml vegetable oil
2-3tsp vanilla extract

FOR THE CHOCOLATE CAKE MIX:

250g plain flour
90g caster sugar
1 tsp bicarbonate of soda
25g vegan cocoa powder
150ml vegetable oil
340ml soya milk
2-3 tsp vanilla extract

METHOD

1. Preheat the oven to 180C (350F/Gas 4). Grease a large loaf tin. To make the vanilla cake mix, combine the flour, sugar, and bicarbonate of soda in a bowl. In a separate bowl, whisk the soya milk, lemon zest, and vegetable oil, add the vanilla extract, then fold these into the dry ingredients. Take care not to stir too vigorously.

2. For the chocolate cake mix, combine the flour, sugar, bicarbonate of soda, and cocoa powder. In a separate bowl whisk the vegetable oil, soy milk and vanilla extract and fold these into the dry ingredients.

3. Put 3 tablespoons of the pale mix into the centre of the tin, then add 3 tablespoons of the dark mix on top and continue in this manner until all the cake mix has been used up. Bake the cake in the centre of the oven for 50 - 60 minutes, until an inserted skewer comes out clean. Leave the cake in the tin and put it on a wire rack to cool for about 15 minutes before turning it out of the tin.

Recipe: *Vegan Cakes and Other Bakes*

