

Two warming one-pot chillies for batch cooking through autumn — big on protein, vegetables and fibre.

Slow-Cooker Sweet Potato & Bean Chilli

Vegetarian · Serves 4 · Batch-cook friendly

A one-pot chilli that does the work while you get on with your day. Big on flavour, big on fibre, and endlessly forgiving — throw it all in, walk away, come back to dinner.

Quick to prep · Slow cooker or one pan on the hob · Double the ingredients for more portions · You don't have to be a great cook — this is designed to be easy.

Ingredients (serves 4)

- 8 spring onions, trimmed and thinly sliced
- 450g sweet potato, peeled and cut into 2cm chunks
- 1 yellow pepper, seeds removed, finely chopped
- 2 garlic cloves, crushed
- 400g tin chopped tomatoes
- 395g tin red kidney beans in chilli sauce, or kidney beans in water
- 400g tin mixed beans, drained and rinsed
- 1/4–1/2 tsp dried chilli flakes, to taste
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 cinnamon stick or 1/4 tsp ground cinnamon
- 1 tsp mixed dried herbs
- 1 tbsp soft brown sugar
- 150ml hot vegetable stock
- Salt and ground black pepper

Method

- 1 Add the spring onions, sweet potato, yellow pepper, garlic, chopped tomatoes, kidney beans, mixed beans, vegetable stock, brown sugar, mixed herbs, chilli flakes, cumin, coriander, cinnamon and a good pinch of salt and pepper to your slow cooker. Stir everything together.
- 2 Cook on low for 6–7 hours or on high for 3–4 hours, until the sweet potato is tender but still holding its shape.
- 3 Taste and adjust the seasoning. Remove the cinnamon stick if you used one. Serve with a dollop of Greek yoghurt, a sprinkle of fresh coriander, or a scoop of wholegrain rice.
- 4 Optional extra step: if you have time, soften the spring onions, garlic and yellow pepper in a little olive oil over a medium heat for 5 minutes, then add the spices and cook for another minute before tipping into the slow cooker. It adds a little depth, but the chilli still tastes great without it.

Serving suggestions

- A dollop of Greek yoghurt and fresh coriander
- Wholegrain rice, a baked sweet potato or steamed greens
- A sprinkle of cheese to push the protein a little higher

Caroline's tip: This one is best in the slow cooker — the spices have time to infuse. Double the ingredients, cool quickly, portion and freeze, and you have protein-rich meals ready on the days that get away from you.

Classic Lean Beef Chilli

Serves 4 · Ready in ~40 minutes · Freezer friendly

Proper comfort food with a serious protein hit. On the table in about 40 minutes, even better the next day, and it freezes beautifully.

One pot on the hob or the slow cooker · Double the ingredients for more portions · Simple, effective, no cheffy skills required.

Ingredients (serves 4)

- 1 medium onion, finely chopped
- 2 garlic cloves, crushed
- 1 red pepper, finely chopped
- 500g lean beef mince
- 400g tin chopped tomatoes
- 2 tbsp tomato purée
- 1 x 400g tin kidney beans
- 1 beef stock cube in 300ml boiling water
- 1 tsp chilli powder
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp dried marjoram
- 1 tsp sugar
- Salt and ground black pepper

Method

- 1 Fry the onion and garlic in a large pan over a medium heat for about 5 minutes, until softened.
- 2 Add the red pepper and spices — chilli powder, cumin and paprika. Fry for another 3 minutes to wake up the flavours.
- 3 Add the mince and break it up with a wooden spoon. Cook until browned all over.
- 4 Stir in the tomato purée, then add the chopped tomatoes, beef stock, marjoram and sugar. Mix well.
- 5 Add a pinch of salt and pepper. Cover and simmer for 20 minutes.
- 6 Add the kidney beans and simmer uncovered for a further 10 minutes, until the sauce has thickened slightly.
- 7 Taste, adjust seasoning, and serve. I like this with a side of steamed greens, a baked sweet potato or rice.

Serving suggestions

- Steamed greens, a baked sweet potato or rice
- Greek yoghurt instead of soured cream
- Roughly 30–40g protein per portion from the mince and beans

Caroline's batch-cook tip: Cook once, eat three or four times. Double the ingredients, cool quickly, portion into containers and freeze. A protein-rich meal in the freezer is the difference between a plan that holds and a takeaway on a dark evening.

Want a hand? Everything here is free. If you'd like help turning it into a plan that fits your life, book a free 30-minute discovery call at craftyourbody.com/discovery-call or email hello@craftyourbody.com.