

IDDSI Level 5 / 6

Dinner

Recipe source: Beyond the
Blender Dysphagia Cookbook

Time to make: 90 mins

Servings: 4

Sweet Potato and White Bean Chilli

Ingredients:

2 medium sweet potatoes
olive oil
2 tsp ground cinnamon
1 tbsp ground cumin
1 tsp paprika
1 large onion, finely diced
Coriander or parsley stir-in paste
(equivalent portion to one bunch)
1 fresh red chilli, finely diced
3 red peppers, skins and seeds
removed and diced to 4mm x 4mm
1 400g tin cannellini beans, rinsed
under hot water to remove any
husks
1 400g tin chopped tomatoes

Optional:

Greek yoghurt to serve.

Dietitian's Top Tips:

This meal is rich in fibre, vitamin A and vitamin C. Sweet potatoes contain nearly 50% more fibre than white potatoes. Fibre will help to keep you feeling fuller for longer and help with regular bowel motions.

Instructions:

- Preheat oven to 180°C.
- Peel and chop the sweet potato into 2cm chunks. Place in a roasting tray and toss with 1 tbsp of oil and a generous pinch of cinnamon, cumin and paprika. Roast in the oven for 20–30 minutes until soft.
- Once removed from oven, chop sweet potato to 1cmx1cm for Level 6 and 4mmx 4mm for Level 5. (Do not chop sweet potato to this size before roasting, as it will become too chewy and tough).
- Heat 1 tbsp of oil in large pan, then add onion, herb paste, chilli and red pepper, along with remaining spices.
- Cook over a low heat for 10–15 minutes, stirring regularly.
- Add cannellini beans with their liquid, and tinned tomatoes. Simmer for 30 minutes, stirring and adding extra water as needed.
- For Level 5, once chilli is cooked through, mash squash and cannellini beans and large chunks of tomato, OR transfer to a blender / food processor and pulse until no large pieces remain.
- Season to taste and serve with Greek yoghurt if desired.

Note:

- If served with rice, ensure it is mixed in with the sauce to moisten it and hold it together. Rice should not be sticky or gluey and should not separate into individual grains when served.