

SWEET POTATO BLACK BEAN CHILI

INGREDIENTS

1 tablespoon olive oil
1 small red bell pepper, diced
1 small green bell pepper, diced
1/2 medium yellow onion, diced
2 cloves garlic, minced
1 1/2 teaspoons Mexican chili powder
1 teaspoon ground cumin
1/2 teaspoon dried oregano
1/2 teaspoon smoked paprika
1/2 teaspoon crushed red pepper
1 large sweet potato, cut into 3/4-inch cubes (about 3 cups)
1 15-ounce can black beans, drained and rinsed
1 28-ounce can diced tomatoes
1 cup vegetable or chicken stock
Salt

For garnish

Avocado, diced
Scallions, thinly sliced
Freshly chopped cilantro
Shredded cheddar
Hot sauce of your choice

DIRECTIONS

Heat 1 tablespoon olive oil in a dutch oven or large pot. Add the diced bell peppers, onions and garlic. Sauté for about 5 minutes until the peppers soften and the onions become translucent. Stir in the chili powder, cumin, oregano, paprika and crushed red pepper and cook for about 2 minutes until fragrant. Add the sweet potatoes, black beans, diced tomatoes and vegetable stock and bring your chili to a boil over high heat. Lower to a simmer and cook, covered, for about 30 minutes until the sweet potatoes are very tender. Remove the lid and simmer for 10 more minutes or until the chili has thickened slightly.

Ladle chili into bowls and serve with toppings of your choice.