

## Sweet Potato & Bean Chili



### Ingredients:

1 tablespoon extra-virgin olive oil  
1 jalapeno pepper, fresh, seeded and diced  
1 medium sweet potato, diced  
1/2 large onion, diced  
2 cloves garlic, minced  
2 teaspoons chili powder  
1 teaspoons ground cumin  
1/2 teaspoon curry powder (OR ground chipotle chili)  
1/4 teaspoon salt  
1 cup water

1 15-ounce can beans (red, black, kidney or any other), drained and rinsed  
1 14-ounce can diced tomatoes (no salt added)  
2 teaspoons lime juice  
1/4 cup chopped fresh parsley (OR cilantro)

### Preparation

1. Heat oil in a large pan (or Dutch oven) over medium-high heat. Add chopped jalapeno pepper, cook for 1 minute. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 5 minutes. Add garlic, chili powder, cumin, curry (OR chipotle) and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Reduce heat to maintain a gentle simmer and cook until the sweet potato is almost tender, for about 5-7 minutes.

2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, 5-7 minutes. Remove from heat and stir in parsley (or cilantro).

I'd recommend it served over baked spaghetti squash, cooked pasta, rice, couscous, quinoa or any other grains, in a corn taco shell, inside of cooked half of an acorn squash or with a piece of corn bread.

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**Nutritional info per 1 cup:** makes 4 servings

\* Calories: 202

\* Fat: 4g Carbs: 33g (fiber: 9g) Protein: 10g