

Sweet Potato & Black Bean Chili

Servings: 4

Adapted from <http://shabbottshabits.com/2012/sweet-potato-and-black-bean-chili/>

Ingredients

3 sweet potatoes, peeled and cut into 1/2 inch cubes
1 onion, chopped
1 tablespoon olive oil
1 tablespoon chili powder
2 teaspoons minced garlic
1 teaspoon ground cumin
1/4 teaspoon Cayenne pepper
2 15-oz cans of black beans, rinsed and drained
1 14.5 oz can diced tomatoes, undrained
1/4 cup brewed coffee (or 1 teaspoon instant coffee mix)
2 tablespoons honey
1/2 teaspoon salt

Preparation

- 1) Sauté your chopped onion in olive oil over medium heat until translucent and softened.
- 2) Add all of the ingredients (including your onions) to a slow cooker.
- 3) Cook on high until potatoes are softened (about 2 hours), then reduce to the low or warm setting until you are ready to serve.