

SWEET POTATO BLACK BEAN CHILI

SERVES 6

THIS VARIATION HAS NO MEAT AND ADDS A NICE FLAVOUR WITH SWEET POTATO.

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES

Ingredients

- ☐ 1-2 tablespoons olive oil
- ☐ 1 medium onion, diced small
- ☐ 2 garlic cloves, minced
- ☐ 1 large sweet potato, peeled and diced
- ☐ 2 tablespoons mild chili powder
- ☐ 2 teaspoons cumin
- ☐ 2 teaspoons smoked paprika
- ☐ 1 teaspoon salt
- ☐ 28 ounces diced tomatoes, with their juices, *OR fire roasted tomatoes*
- ☐ (2) 15-ounce cans black beans, drained and rinsed
- ☐ 2 cups water



Instructions

1. In a large pot over medium heat, add the olive oil. Saute the diced onion for 3-4 minutes, until translucent, then add in the garlic and sweet potato and cook about 2 more minutes.
2. Next add the chili powder, cumin, smoked paprika and salt. Stir into the vegetable mixture.
3. Pour in the diced tomatoes along with their juices, drained and rinsed black beans and the 2 cups of water. Stir to combine. Simmer the mixture, uncovered, for 20-25 minutes.
4. Use the back of a spoon to mash some of the sweet potatoes for a thicker texture, if desired.
5. Serve with avocado chunks, cilantro, chopped green onions, cornbread or sour cream.

Notes

1. For oil free, simply use water to saute instead of oil.
2. May substitute peeled/chopped butternut squash for the sweet potato, if desired. You could also add 2 cups of baby spinach or chopped kale.
3. **To make in an Instant Pot:** Use the saute feature and cook the onion, then the garlic and sweet potato, then the spices just like in the regular instructions. Turn off the Instant Pot for a moment and add the diced tomatoes, black beans and water. Stir, then seal and set the timer to 8 minutes at high pressure. Release pressure manually, and serve with desired toppings.
4. **To make in a Crock Pot:** Add all ingredients to a crock pot and cook on high for 4-5 hours or low for 7-8 hours.
5. The recipe can easily be doubled or even tripled to serve a large crowd.

6. The chili freezes well and will keep in the refrigerator for 4-5 days.

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