## Sweet Potato and Black Bean Chili (http://mybizzykitchen.com)



Course: main meals **PointsPlus<sup>TM</sup>** Value: 8

Servings: 4

Preparation Time: 10 min Cooking Time: 50 min

Level of Difficulty: Moderate

## **Ingredients**

4 tsp olive oil
2 medium sweet potatoes
4 tsp minced garlic

2 Tbsp chili powder

4 tsp ground cumin

1 tsp. ground chipotle pepper

1/4 tsp table salt

3 cup(s) water

28 oz canned black beans, rinsed

2 cup(s) canned tomatoes

2 tsp fresh lime juice

1 Tbsp cilantro, chopped

2 Tbsp canned chipotle peppers, (one whole pepper)

## **Instructions**

Heat oil in a large stock pot and bring to medium-high heat. Add diced sweet potato and cook, stirring often, about 4 minutes.

Add garlic, chili powder, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds.

Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until potato is tender, 10 to 12 minutes.

Add canned tomatoes. (If you don't like chunks like I do, puree at this point). Add beans, tomatoes and lime juice and return to a simmer. Cook for an additional 5 minutes. Remove from heat and stir in cilantro.