

Sweet Potato and Black Bean Chili

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Course: main meals PointsPlus™ 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.