



Sweet Potato & Black Bean Chili

Chili is an essential recipe during the winter season. Try out this quick vegetarian chili, full of black beans and sweet potatoes. You can even cover and refrigerate for up to 3 days or freeze for up to 3 months.

Ingredients:

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile (omit this spice if you prefer a mild chili)
- ¼ teaspoon salt
- 2½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

Directions:

1. Heat oil in a Dutch oven or a covered metal pot over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer.
2. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
3. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.
4. Enjoy!

Yield: 4 servings

Cook time: 25 min