

Black Bean Sweet Potato Chili

EASY | RECIPE

Ingredients:

- 1 tbsp **extra virgin olive oil**
- 1 cup **onion**, diced
- 2 cloves **garlic**, minced
- 1 large **sweet potato**, peeled and ½-inch diced
- 1 tbsp **chili powder**
- 1 tsp **cumin**
- 2 whole **cinnamon sticks**
- ¼ tsp **salt**
- 3 cups **water**
- 1 (28 oz.) can **diced tomatoes**
- 1 (14 oz.) can no-salt-added **black beans**, rinsed
- ½ cup fresh **cilantro**, chopped
- ½ ripe **avocado**, diced

Method:

1. In a large soup pot, heat oil over medium.
2. Add onion and garlic, stirring often, about 2-3 minutes.
3. Add sweet potato, chili powder, cumin, cinnamon sticks and salt.
4. Stir together and add water and tomatoes. Bring to a boil, cover and reduce heat to simmer.
5. Cook 20 minutes or until sweet potatoes are tender.
6. Add beans and simmer until slightly reduced, about 8-10 minutes.
7. Remove from heat, discard cinnamon sticks and stir in cilantro. Top with avocado when serving.



Makes 4 servings. Per serving:

231 calories | 9g protein | 8g total fat | 1.5g saturated fat | 5g mono fat | 1.5g poly fat |
0mg cholesterol | 34g carbohydrate | 3g sugar | 11g fiber | 356mg sodium