



## Sweet Potato & Black Bean Chili

### INGREDIENTS

- 1 medium onion, chopped (1½ cups)
- ½ jalapeño, diced, no seeds
- 5 cloves garlic, minced
- 1 Tbsp ground cumin
- 2 lbs. sweet potatoes (about 3 medium), peeled and cut into small cubes
- 2 (14 oz) cans black beans, drained and rinsed
- 1 cup frozen corn or roasted frozen
- 1 red pepper, diced
- 1 green pepper, diced
- 2 ½ cups vegetable broth, then more as desired
- 2 (14 oz) cans diced tomatoes
- 1 Tbsp paprika
- ¼ cup Fresh chopped cilantro
- Salt & pepper to taste
- 2 Tbsp olive oil, divided

### **Toppings that can make this chili super fun and interactive (optional):**

Cilantro, lime wedges, diced avocado, sliced roasted jalapeños, sour cream, cheddar or taco cheese blend, corn or flour tortillas

### METHOD OF PREPARATION

1. Heat pan to medium high.
2. Add olive oil.
3. Sauté onion with garlic, cumin and jalapeño until onions are translucent.
4. Add in sweet pot, black beans and corn mix well.
5. Add in red and green peppers mix and pour in stock.
6. Bring to a simmer, add in tomatoes.
7. Salt and pepper to taste along with paprika.
8. On a medium heat simmer till potatoes are cooked and chili has thickened.
9. Add in cilantro stir and simmer for another 5 minutes.
10. Serve and enjoy with garnishes, as a bowl of chili, over nachos, over rice, with tortilla or however you like!