



Quick Black Bean and Sweet Potato Chili



Makes 6 Servings

- 2 medium-large sweet potatoes
- 2 Tbsp olive oil
- 1 cup chopped onion
- 2 to 3 garlic cloves, minced
- 1 medium red bell pepper, diced
- 1 can (32 oz) black beans, drained and rinsed
- 1 can (28 oz) diced tomatoes
- 1 to 2 small fresh hot chilies, minced
- OR
- 1 can (4 oz) chopped mild green chilies
- 2 tsp ground cumin
- ½ tsp dried oregano

1. Microwave the sweet potatoes on high 3-4 minutes per potato. When cool enough to handle, peel and cut into ¾-inch dice. Set aside.
2. Heat the oil in a large soup pot. Add the onion and garlic and sauté over medium heat until golden. Add the bell pepper, beans, tomatoes, chilies, cumin, and oregano. Bring to a simmer. Cover and gently simmer for 15 minutes. Add the sweet potatoes and continue to simmer until tender.
3. Sprinkle with chopped fresh cilantro over the top of individual portions. For an easy meal, serve with cornbread or other hearty whole grain bread and a bountiful tossed salad.

Nutrition info per serving: 202 calories, 5 g total fat, 8 g protein, 8.5 g dietary fiber, 33 g carbohydrates, 222 mg sodium.

Recipe from: The Vegetarian Family Cookbook