



Sweet Potato & Black Bean Chili

Prep: 20 minutes

Cook: 40 minutes • Serves: 8

- 2 tablespoons extra virgin olive oil
 - 1 medium yellow onion, chopped
 - 1 large jalapeño pepper, seeded and finely chopped
 - 5 medium tomatoes, chopped
 - 3 garlic cloves, minced
 - 2 teaspoons grated, peeled fresh ginger
 - ½ teaspoon ground cinnamon
 - ½ teaspoon salt
 - 4 cups diced sweet potatoes
 - 4 cups low sodium vegetable broth
 - 2 cans (15 ounces each) reduced sodium black beans, drained and rinsed
 - 1 tablespoon honey
- Optional garnishes: plain Greek yogurt, coarsely chopped fresh cilantro

1. In large saucepot, heat oil over medium heat. Add onion and jalapeño; cook 3 minutes, stirring occasionally. Add tomatoes; cook 5 minutes or until tomatoes have broken down and onion is soft, stirring occasionally. Stir in garlic, ginger, cinnamon and salt; cook 1 minute.

2. Add potatoes and broth; increase heat to medium-high and heat to simmering. Reduce heat to medium-low; cook 10 minutes or until potatoes are tender, stirring occasionally. Add beans and honey; cook 15 minutes or until thickened, stirring occasionally. Serve chili topped with yogurt and/or cilantro, if desired. Makes about 8 cups.

Approximate nutritional values per serving:

*211 Calories, 4g Fat (1g Saturated), 0mg Cholesterol,
458mg Sodium, 41g Carbohydrates, 3g Fiber, 8g Protein*