

Sweet Potato Black Bean Chili

DESCRIPTION:

This vegetarian version of chili is light on calories, but not on taste! It's jam packed with fiber and other nutrients that will keep you satisfied for hours. Enjoy with a mixed green salad and toasted slice of multi-grain bread.

INGREDIENTS:

- 3 small sweet potatoes
- 1 Tbsp. extra virgin olive oil
- 1 small onion, diced
- 3 garlic cloves, minced
- 1 small red pepper, diced
- 1 small green pepper, diced
- 1 (28 oz.) can fire-roasted diced tomatoes
- ¼ tsp. crushed red pepper flakes
- 1 tsp. ground cumin
- ¼ tsp. ground cinnamon
- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (15 oz.) kidney beans, rinsed and drained

DIRECTIONS:

1. Microwave the sweet potatoes for 2-3 minutes or until slightly softened (not fully cooked). Let cool. Once cooled, peel and dice into 1" cubes. Set aside until needed.
2. In a large saucepan or Dutch oven, heat the oil. Add onions, garlic, peppers and chili flakes and sauté on medium-high heat until the onions and peppers begin to soften.
3. Next, add the diced tomatoes, beans, cinnamon, and cumin and let simmer on low heat for 15 minutes.
4. Add the sweet potatoes and simmer for another 10-15 minutes or until the vegetables are soft.



NUTRITION INFO

Serving Size	1 cup
Servings per recipe	6
Calories	190
Fat	5g
Saturated Fat	1g
Sodium	286mg
Carbohydrates	29g
Fiber	7g
Sugar	8g
Protein	7g

FACT: Sweet potatoes are often called nature's superfood for good reason. They're packed with beta-carotene (vitamin A), vitamin C, and manganese (a mineral that has many important functions in the body). Look for reduced sodium versions of canned beans and diced tomatoes.