



Sweet Potato Chili

A hearty vegetarian twist on a familiar favorite. A meat variation of this recipe can be made by replacing some of the beans with ground turkey.

Serves 4-6

Ingredients:

1 small onion, diced
1 clove garlic, minced
1 stalk celery, sliced thinly
1 green bell peppers, diced
½ teaspoon ground black pepper
1 teaspoon oregano
½ teaspoon chili powder
2 teaspoons paprika
2 14-oz cans black beans, drained and rinsed
1 14-oz chopped tomatoes
1 lb. unpeeled sweet potatoes, ½- inch diced
4 tablespoons tomato paste
2 cups of water
Salt and pepper to taste

Directions

1. In a medium pot, sauté onions and garlic in oil for about 5 minutes until soft. Add bell peppers, celery and spices and cook for 2 minutes.
2. Add black beans, tomato paste, chopped tomatoes and stir to dissolve paste.
3. Add sweet potatoes and water, bring to a simmer. Cook for 30-35 minutes or until sweet
4. Potatoes are soft. Add more water if needed. Season with salt and pepper to taste.