

Vegetarian Sweet Potato Chili

Ingredients:

- 1 Tbsp olive oil
- 1 medium red onion, chopped
- 1 each green & red bell pepper, seeded & chopped
- 1 medium sweet potato, peeled & cubed
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 garlic cloves, minced or 1 heaping Tbsp minced garlic
- 1/4 to 1/2 tsp cayenne pepper
- 1 tsp unsweetened cocoa powder
- 1/4 tsp ground cinnamon
- 1 can (28 oz) diced tomatoes
- 1 can (15 oz) each black beans & kidney beans, rinsed & drained, or cooked beans, 1 1/2 cups each
- 2 cups vegetable broth
- Garnishes: sour cream, shredded cheese, sliced green onions, chopped cilantro



Serving size: 1 1/2 cups
Servings: 4

Directions:

1. In a 4 to 6 quart Dutch oven or stockpot over medium heat, warm olive oil until shimmering. Add chopped vegetables, sprinkle with salt and pepper.
2. Cook, stirring occasionally, until the onions start turning translucent, about 3-5 minutes.
3. Reduce heat to medium-low. Add garlic and spices, then add remaining ingredients and stir well.
4. Bring to simmer; cover and cook, stirring occasionally, until the sweet potatoes are tender and chili has reduced to a hearty consistency, about 45 minutes to 1 hour.
5. Serve with garnishments of your choice.