

SWEET POTATO & BLACK BEAN CHILI

Serving: 4
Total time taken: 40 minutes

INGREDIENTS

- 1 tablespoon plus 2 teaspoons extra virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile (see Note)
- ¼ teaspoon salt
- 2 ½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-oz can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

DIRECTIONS

1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

TIPS

To make ahead: Cover and refrigerate for up to 3 days or freeze for up to 3 months.

Note: Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle chile pepper can be found in the spice section of most supermarkets or online.