

Sweet Potato and Black Bean Chili

Link for credit: [Sweet Potato & Black Bean Chili Recipe | EatingWell](#)

Ingredients

- 1 tablespoon + 2 teaspoons olive oil
- 1 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 (or smoked paprika)
- ¼ teaspoon salt
- 2 ½ cups water
- 2 – 15 ounce cans black beans, rinsed
- 1 – 14 ounce can diced tomatoes
- 4 teaspoons lime juice

Directions

1. In a large pot or Dutch oven, heat oil on medium heat until it shimmers. Add sweet potato and onion and cook, stirring often, until the onion begins to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle, salt, and cook, stirring constantly, for 30 seconds.
2. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10-12 minutes.
3. Add beans, tomatoes, and lime juice; increase heat to medium-high and return to a simmer, stirring often. Reduce heat and maintain gentle simmer until slightly reduced, about 5 minutes.
4. Serve immediately while hot.



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