

BITS and BITES

Sweet Potato Black Bean Chili

Ingredients

- 1 tbsp. & 2 tsp. olive oil
- 1 medium-large sweet potato, peeled & diced
- 1 large onion, diced
- ½ tsp. garlic powder
- 2 tbsp. chili powder
- 4 tsp. ground cumin
- ¼ tsp. salt
- 2 ½ cups water (or low sodium vegetable/chicken broth)
- 2 15 oz. cans black beans, drained & rinsed
- 1 14 oz. can low sodium diced tomatoes
- 4 tsp. lime juice

Directions

1. Heat oil in a large pot over medium-high heat. Add sweet potato and onion, stirring until onion begins to soften (about 4 minutes).
2. Add garlic, chili powder, cumin, and salt. Stir constantly for 30 seconds.
3. Add water or broth and bring to a simmer.
4. Cover pot with lid and reduce the heat to maintain a gentle simmer. Cook until sweet potato is tender (about 10-12 minutes).
5. Increase heat to high and add beans, tomatoes, and lime juice, stirring often for 2-3 minutes.
6. Reduce heat to a simmer and let cook for an additional 5 minutes. Enjoy!

This recipe can be doubled and stored in the freezer for up to 3 months. Reheat on the stove when ready to eat.

Fall is when sweet potatoes are in season and are the most affordable. They are an excellent source of fiber, B vitamins, vitamin C, iron, and calcium.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

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Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

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