

## SWEET POTATO AND BLACK BEAN CHILI

I have to say I have never been a real chili fan with all the meat in them. However this non-meat recipe is so tasty and filling with the black beans and sweet potatoes. It has become one of my favorite soups.

*Makes 4 servings*



### INGREDIENTS

3 tbsp olive oil  
3 garlic cloves, chopped  
½ red bell pepper, seeded and chopped  
1 lb. sweet potatoes (about 2 small), cut into ½ in pieces  
1 tbsp of Chile powder or ½ to 1 tsp of cayenne powder  
1 ½ tsp of ground cumin  
½ tsp ground coriander  
1 can (14 oz) black beans, drained and rinsed  
2 cups of veggie broth  
Sea salt and pepper

For toppings: 1 lime, chopped cilantro leaves, diced avocado, and crushed tortilla chips

### METHOD

1. Heat oil in medium pot over medium-high heat. Add onion, garlic, bell pepper, and sweet potatoes and cook, stirring, until vegetables soften, about 5 minutes.



## **SWEET POTATO AND BLACK BEAN CHILI (CONTINUED)**

2. Add Chile powder (or cayenne), cumin, and coriander and cook until spices are fragrant, about 10 seconds.
3. Stir in beans and broth and partially cover. Reduce heat to medium and cook, stirring occasionally, until sweet potatoes are soft and chili is slightly thickened, about 15 minutes. Season to taste with salt and pepper.
4. Meanwhile, chop up cilantro and avocado, quarter lime and crush some chips.
5. Ladle chili into bowls and top with cilantro, avocado, crushed chips and lime wedges.