



Sweet Potato Black Bean Chili (Vegetarian)

By EatingWell Test Kitchen

Prep time: 15 min Cook time: 25 min Total time: 40 min

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
 - 1/2 teaspoon ground chipotle chile (see Note)
- - 1/4 teaspoon salt
 - 2 1/2 cups water
 - 2 15-ounce cans black beans, rinsed
 - 1 14-ounce can diced tomatoes
 - 4 teaspoons lime juice
 - 1/2 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.
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- Make Ahead Tip: 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 chili pepper can be found in the spice section of most supermarkets or online at penzeys.com.