

SWEET POTATO BLACK BEAN CHILI

Preparation: **10** minutes | Cooking: **10** minutes | Servings: **4**

INGREDIENTS

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



INSTRUCTIONS

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion; 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, 10-12 minutes. 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.