

Sweet Potato Black Bean Chili



Ingredients

- 1-2 tablespoons olive oil
- 1 medium onion, diced small
- 2 garlic cloves, minced
- 1 large sweet potato, peeled and diced
- 2 tablespoons mild chili powder
- 2 teaspoons cumin
- 2 teaspoons smoked paprika
- 1 teaspoon salt
- 28 ounces diced tomatoes, with their juices
- (2) 15-ounce cans black beans, drained and rinsed
- 2 cups water

Optional toppings:

- cheese, sour cream, green onion, cilantro, avocado

Instructions

1. In a large pot over medium heat, add the olive oil. Sauté the diced onion for 3-4 minutes or until translucent. Add in the garlic and sweet potato and cook about 2 more minutes.
2. Next add the chili powder, cumin, smoked paprika and salt. Stir into the vegetable mixture and cook for 1 minute.
3. Pour in the diced tomatoes along with their juices, drained and rinsed black beans and the 2 cups of water. Stir to combine. Simmer the mixture, uncovered, for 20-25 minutes.
4. Use the back of a spoon to mash some of the sweet potatoes for a thicker texture, if desired.
5. Serve with optional toppings, if desired.