

Sweet Potato & Red Bean Chili

(Serves 4)

Ingredients

- 2 teaspoons vegetable oil
- 1 small onion, diced
- 3 cups sweet potatoes, in 1/2 inch cubes
- 2 garlic cloves, minced
- 2 cups tomatoes, chopped
- 1 1/2 teaspoons chipotle chili powder
- 2 teaspoons ground cumin
- 1 15-ounce can of red beans, rinsed
- 2 tablespoons chopped cilantro (optional)
- Salt and pepper

Directions

1. Warm the oil in a large pot over medium heat. Add onions and sweet potatoes. Cook for 4 minutes.
2. Stir in garlic, tomatoes, chili powder, cumin and 1 1/2 cups water. Cook for 10 minutes.
3. Add beans and cook until heated, about 5 minutes. Season with cilantro, salt and pepper.
4. Enjoy!

Nutrition Quick-Fact

Sweet potatoes are rich in beta-carotene, which is very effective at raising blood levels of vitamin A. We need vitamin A for healthy skin, our immune system, and good eye health and vision.