

Recipe

SWEET POTATO SPICED CHILI



► ► Vegan, gluten-free, oil-free, soy-free, refined sugar-free, nut-free

Yield: 4 servings

Prep Time: 10 min

Cook Time: 30 min

Total Time: 40 min

INGREDIENTS: THE CHILI

- 1 tsp vegetable oil
- 1 medium yellow onion, roughly chopped
- 1 head garlic, roasted, chopped (or 3 cloves fresh garlic, finely minced)
- 1 red chilli pepper, finely chopped (optional, or 1 Tbsp chilli powder)
- 3 medium tomatoes, chopped
- 1 Tbsp onion powder
- 1 Tbsp garlic powder
- 1/2 Tbsp ground cumin
- 1/2 Tbsp oregano
- 1 tsp paprika
- 1 tsp salt
- 1/4 tsp cayenne pepper
- 1 medium sweet potato, cut into 1 cm cubes
- 4 cups water
- 1.5 cup cooked black beans (1/2 cup dry beans, or 1 can)
- 1.5 cups cooked red kidney beans (1/2 cup dry beans, or 1 can)
- 3/4 cup corn, fresh or frozen

INGREDIENTS: THE GARNISH

- 1 ripe avocado, chopped
- 1 ripe tomato, chopped
- 1/4 cup chopped fresh cilantro
- 1 lime, cut into wedges

DIRECTIONS

1. Add the oil and onion to a large pot over medium-high heat. Sauté for until lightly brown, adding a two tablespoons of water to de-glaze the pan every couple of minutes.
2. Add the garlic and chilli pepper sauté for another two minutes.
3. Add the tomatoes and all the spices to pot; stir to combine for two minutes.
4. Add the sweet potatoes and water to the pot, cover, bring to a boil and then reduce to a simmer for 10 minutes.
5. Add the beans and corn to the pot, cover and allow to simmer for an additional 10 minutes, stirring occasionally.
6. Add more water if you like your soup a little thinner. Add garnish of your choice, and enjoy!

SADIA BADIEI

Registered Dietitian

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