

Vegan Sweet Potato & Black Bean Chili

Ingredients

1 T canola oil
1 medium-large sweet potato, peeled, 1/2" dice
1 large onion, finely chopped
4 cloves garlic, minced
2 T chili powder
2 t cumin powder
1 canned chipotle pepper, minced
Pinch of salt
1 T cider vinegar
2 cups water

1, 8-oz. can diced no salt added tomato sauce
1, 15-oz. can black beans, rinsed
1/2, 15-oz. can great northern beans, rinsed and mashed
1 T unsalted butter (or olive oil/ margarine)
1 T lime juice

Shredded cheddar cheese (2/3 cup) and cilantro top if desired *not vegan

Preparation

Heat oil in a heavy bottomed pot on medium-high heat. Add sweet potato and onion and cook until onion softens. Add garlic, chili powder, cumin, chipotles, and salt and cook for another 30 seconds. Add cider vinegar, water, and tomato sauce, cover, and bring to boil. Mash the northern beans and add them to the pot. Reduce to a simmer and cook until sweet potato is tender. Add beans and cook for an additional 5 minutes. Remove from heat and add butter, lime juice, and salt to taste. Serve when butter is melted. Top with shredded cheese and cilantro.

Yield: 5 servings

*Per Serving, with cheese: 240 Calories | 10g Fat | 9g Protein | 450mg Sodium | 10g Fiber
Excellent source of Vitamins A and C. good source of Calcium and Iron*