

BLACK BEAN SWEET POTATO CHILI

easy | **RECIPE**
From Personal Best®

1 tbsp **extra virgin olive oil**

1 cup **onion**, diced

2 cloves **garlic**, minced

1 large **sweet potato**, peeled
and ½-inch diced

1 tbsp **chili powder**

1 tsp **cumin**

2 whole **cinnamon sticks**

¼ tsp **salt**

3 cups **water**

28-oz can **diced tomatoes**

14-oz can no-salt-added **black beans**, rinsed

½ cup fresh **cilantro**, chopped

½ ripe **avocado**, diced



1. In a large soup pot, heat oil over medium. **2.** Add onion and garlic, stirring often, about 2-3 minutes. **3.** Add sweet potato, chili powder, cumin, cinnamon sticks and salt. **4.** Stir together and add water and tomatoes. Bring to a boil, cover and reduce heat to simmer. **5.** Cook 20 minutes or until sweet potatoes are tender. **6.** Add beans and simmer until slightly reduced, about 8-10 minutes. **7.** Remove from heat, discard cinnamon sticks and stir in cilantro. Top with avocado when serving.

Makes 4 servings. Per serving:

231 calories | 9g protein | 8g total fat | 1.5g saturated fat | 5g mono fat | 1.5g poly fat
0mg cholesterol | 34g carbohydrate | 3g sugar | 11g fiber | 356mg sodium