

Bean and Sweet Potato Chili

1 tbsp vegetable oil

1 large onion, chopped

6 cloves garlic, minced

1 green pepper, chopped

1 jalapeno, chopped (optional; for extra spice include seeds as well)

2 medium sweet potatoes, cubed

3 tbsp flour

3 16 oz cans beans – black beans, kidney beans, pinto beans, etc., with liquid

16 oz can corn with liquid, or 1 1/2 cups frozen corn

16 oz can tomato sauce

Water (to reach desired consistency)

1 tbsp cocoa powder

1 tbsp chili powder

2 tsp cumin

1/4 tsp cayenne pepper (for spicy)

For topping: avocado, cilantro, tomatoes, tortilla strips, etc.

Directions

1. Saute onion, garlic, green pepper (and jalapeno if using) in oil for 3-5 minutes, or until vegetables first begin to soften.
2. Add sweet potatoes and continue cooking until onions are translucent and sweet potatoes are starting to soften, about 5-7 more minutes.
3. Add flour and stir to coat vegetables. Cook for 1 more minute.
4. Add beans, corn, tomato sauce, cocoa, chili powder, cumin, and cayenne pepper if using. Stir to combine, and add water if needed to reach a chili-like consistency.
5. Bring to a boil, then lower heat to a simmer until sweet potatoes are cooked through. (Chili can be simmered for longer to further enhance the flavors.)
6. Serve topped with avocado, cilantro, tomato, and/or tortilla strips.