

Nessralla Farm Halifax Fall 2021

## Sweet Potato Black Bean Chili



A Super Bowl to kick off tailgating season with!! Full of flavor and so simple to make, this Sweet Potato Black Bean Chili is a wonderfully satisfying vegetarian meal.

Ready in **about 40 minutes**

Serves **6**

### Ingredients

- 2 Tbsp olive oil
- 1 medium onion, diced small
- 2 peeled cloves garlic, minced
- 1 large sweet potato, peeled and diced
- 2 Tbsp mild chili powder
- 2 tsp cumin

- 2 tsp smoked paprika
- 1 tsp salt
- 28 oz canned diced tomatoes w/their juices
- (2) 15 oz can black beans, drained and rinsed
- 2 cups water
- Optional Toppings: chopped avocado, cilantro, scallions, sour cream, crumbled cornbread

### Preparation

1. Heat the olive oil in a large pot over medium heat. Saute the diced onion for 3-4 minutes, then add in the garlic and sweet potato and cook for about 2 more minutes.
2. Add the chili powder, cumin, smoked paprika and salt to the vegetable mixture.
3. Pour in the diced tomatoes along with their juices, drained and rinsed black beans and the 2 cups of water. Stir to combine. Simmer the mixture, uncovered, for 20-25 minutes.
4. Use the back of a spoon to mash some of the sweet potatoes for a thicker texture, if desired.
5. Serve with your choice of optional toppings and Enjoy!!!