

# SWEET POTATO & BLACK BEAN QUINOA CHILI

## INGREDIENTS

- 1 1/2 tablespoons olive oil
- 2 medium-large sweet potato, washed and diced
- 1 large onion, diced
- 1 sweet bell pepper, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 1/8 teaspoon cayenne to taste
- 1/4 teaspoon salt
- 2 1/2 cups water
- 1/2 cup quinoa
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- 1/2 cup chopped fresh cilantro

## DIRECTIONS

1. Heat oil in a large pot over medium-high heat. Add sweet potato, onion, and bell pepper and cook, stirring often, until the onion is beginning to soften, about 4 minutes.
2. Add garlic, chili powder, cumin, cayenne and salt and cook, stirring constantly, for 30 seconds.
3. Add water and quinoa and bring to a simmer.
4. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
5. Add beans, tomatoes, and lime juice; increase heat to high until just boiling.
6. Reduce heat and return to a simmer, stirring often until slightly reduced, about 5 minutes.
7. Remove from heat and stir in cilantro. Serve with sour cream or Greek yogurt, shredded cheese, fresh lime wedges, avocado or jalapeño slices (optional).

## VARIATIONS & TIPS

- Use butternut squash or other winter squash in place of the sweet potato.
- Leave the peel on the sweet potato for added nutritional benefits..
- Add whatever kinds of beans you like or have on hand.
- Play around with the spices to your liking, add more cayenne if you like a spicier chili.

## NUTRITION FACTS

442 Calories, Carbohydrates: 79.5g, Fiber: 22.4g, Sugar: 13g (0g added sugar), Protein: 18.3g, Fat: 8.3g, Saturated fat: 1.0g, Cholesterol: 0mg, Sodium: 624mg

**YIELD:** 4 servings (two cups per serving)

**SOURCE:** Adapted from Eatingwell.com



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