



# Sweet Potato & Black Bean Chili

Makes 2 servings

## Ingredients

2 teaspoons extra-virgin olive oil  
1 small onion, finely diced  
1 small sweet potato, peeled and diced  
2 cloves garlic, minced  
1 tablespoon chili powder  
2 teaspoons ground cumin  
¼ teaspoon ground chipotle chile (see Note\_

⅛ teaspoon salt, or to taste  
1½ cups water  
1 15-ounce can black beans, rinsed  
1 cup canned diced tomatoes  
2 teaspoons lime juice  
2 tablespoons chopped fresh cilantro

## Instructions

1. Heat oil in a large saucepan over medium-high heat. Add onion and potato and cook, stirring often, until the onion is slightly softened, about 4 minutes.
  2. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds.
  3. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10 to 12 minutes.
  4. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often.
  5. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes.
  6. Remove from the heat and stir in cilantro.
- ✓ **Make Ahead Tip:** Cover and refrigerate for 2 days. Stir in cilantro just before serving.
  - ✓ **Note:** Chipotle peppers are dried, smoked jalapeno peppers. Ground chipotle can be found in the specialty spice section of most supermarkets.

## Nutrition Facts

Serving size: 2 cups, Per serving: 365 calories; 7 g fat (1 g sat); 18 g fiber; 67 g carbohydrates; 14 g protein; 125 mcg folate; 0 mg cholesterol; 16 g sugars; 20,737 IU vitamin A; 28 mg vitamin C; 187 mg calcium; 6 mg iron; 629 mg sodium; 1,301 mg potassium  
Nutrition Bonus: Vitamin A (415% daily value), Vitamin C (47% dv), Iron (33% dv), Folate (31% dv); Carbohydrate Servings: 4½  
Exchanges: 4 starch, 1½ vegetable, 1 fat

Source: [www.eatingwell.com](http://www.eatingwell.com) – This source is an independent company that provides wellness education on behalf of BlueCross and BlueShield of South Carolina.



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