

SMOKY BLACK BEAN, SWEET POTATO, AND DARK CHOCOLATE CHILI



DIFFICULTY
EASY



TIME
20 MIN



SERVES
6

INGREDIENTS

1 medium Sweet Potatoes, cooked, peeled and diced into 1/2 inch pieces (this can be done a day or two in advance)
1/2 medium Yellow Onion, diced (about 1 cup)
1 Tbsp Olive or Avocado oil
2 cloves Garlic, minced (about 2 tsp.)
2 tsp. Chili Powder
1 tsp. Cumin Powder
1 tsp. Coriander Powder
1/4 tsp. Cinnamon
1/4 tsp. Liquid Smoke (optional)
1 1/2 - 1 tsp. Chipotle Powder or 2 tbsp. pureed Chipotle Chilies in Adobo, minced
1 tbsp. Dark Cocoa Powder
2 tsp. dried Epazote or Oregano Leaves
1 each 15 oz. cans of Diced Organic Tomatoes (not drained)
1 each 15 oz. cans of Black Beans, drained
1 tsp. Sea Salt or to taste
1 tsp. Black Pepper
1 tsp. Apple Cider Vinegar
1 tbsp. Real Maple Syrup (optional)
Garnishes: Chopped Cilantro, Sliced Green Onion, Greek Yogurt, Non-Dairy Sour Cream

DIRECTIONS

1. Bake sweet potatoes for 1 hour and 10 minutes in 350 degree oven or microwave each sweet potato for 8-9 minutes. Cool, peel, and dice potato into 1/2 inch pieces.
2. Saute the onions in oil (or use non-stick pan) until soft -about 5-10 minutes. For a richer flavor; caramelize onions by cooking an additional 10 minutes and stirring every minute so that they brown but do not burn. Add garlic and cook over medium heat for 2 minutes. Deglaze with water if onions and garlic start to get too brown.
3. Add the remaining ingredients and bring up the heat to just below boiling. Reduce the heat to low and let simmer for two hours; OR place in 350 degree oven with a cover on the pot and cook the chili for 1.5 hours; OR transfer mixture to crock pot and cook on high heat for for 13 hours.
4. Instant Pot - skip the sautéing of the onion and garlic and instead combine all ingredients into an Instant Pot and cook on "pressure cook" setting for 10 minutes. Release the steam valve. When the float button depresses, you can remove the lid

NUTRITION FACTS PER SERVING

Calories: 135 Fat: 3g (Saturated Fat: 0.5g) Carbohydrates: 24.6g Fiber: 5.4g Sugar: 7.2g Protein: 4g



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