

Sweet Potato and Bean Chili



Ingredients

30 mL	vegetable oil	2 tbsp
2	medium onions, chopped	2
30 mL	Mexican chili powder	2 tbsp
5 mL	ground cumin	1 tsp
250 mL	vegetable broth	1 cup
2	medium sweet potatoes, peeled and cubed	2
1 (796 mL)	can diced tomatoes	1 (28 oz)
2 (540 mL)	cans pinto (or other) beans, drained and rinsed (or 4 cups/1L home-cooked beans)	2 (19 oz)
5 mL	salt	1 tsp
5 mL	crumbled dried oregano	1 tsp
1 mL	cayenne (or less, to taste)	¼ tsp
125 mL	chopped fresh cilantro	½ cup

Yield: 6 servings

Nutrition information:
Not available

Directions:

Heat the oil in a large saucepan or dutch oven. Add the onions and cook, stirring, over medium heat until the onions are soft about 5 minutes. Add the chilli powder and the cumin and cook for another minute or so. Add the vegetable broth and the cubed sweet potatoes; reduce the heat to low and cook, covered until the potatoes are almost tender - about 10 minutes.

Add the tomatoes with all the juice from the can, the beans, salt, oregano and cayenne. Bring to a boil over medium heat, then let simmer until the potatoes are completely tender - about 20 minutes.

Remove from heat and stir in the chopped fresh cilantro. Serve with rice or corn bread and sprinkled with shredded cheese, if you like.

Source: *The Clueless Vegetarian*. Reprinted with permission of Key Porter Books. Copyright 2000 by Evelyn Raab



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Veggie Fries



Ingredients

2	medium potatoes	2
1	sweet potato	1
1	parsnip	1
2	carrots	2
25 mL	vegetable oil	2 tbsp
25 mL	fresh parsley, cilantro, rosemary or dill, chopped (optional) salt and pepper	2 tbsp

Directions

Preheat the oven to 425°F. Lightly oil 2 baking sheets.

Scrub and peel the vegetables. Cut the vegetables in wedges, all about the same size. Place in a bowl. Add the oil and toss.

Spread the vegetables in an even layer over a baking sheet.

Bake for 20 minutes until crisp and lightly brown. Turn the fries over half way through the baking.

Sprinkle lightly with salt, pepper and fresh herbs (if using). Serve immediately.

Yield:

6 to 8 servings

Preparation Time:

20 minutes

Cooking Time:

20 minutes

Equipment:

vegetable brush
vegetable peeler
colander
cutting board
medium knife
large bowl
2 baking sheets
lifter
oven mitts
clean hands

Nutrition information:

Not Available

Go for colour when making these tasty fries! The more colourful a vegetable, the more vitamins and minerals it contains.

Source: *The Cooking Club Manual, 2000. Reprinted with permission from Toronto Public Health.*



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