

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.

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