

Sweet Potato Chili

(vegetarian, vegan, GF) 6 servings



Ingredients

1 yellow onion, diced
4 tsp minced garlic
56 oz crushed tomatoes
1 ½ cup kidney beans
1 ½ cup white beans
1 cup vegetable broth
2 sweet potatoes, chopped
2 green peppers, chopped
1 cup corn
¼ cup peanut butter
3 Tbsp chili powder
2 tsp cumin
1 tsp oregano
1 Tbsp salt

Utensils

Cutting board
Knife
Colander
Large pot with lid
Measuring cups and spoons
Spatula or Spoon
Pot holders



Recipe Instructions

Step 1: Prep

Prep your cutting station by laying a damp cloth down and placing your cutting board on top.

Dice onion, mince garlic, chop sweet potatoes into medium chunks, chop peppers. Rinse beans.

Step 2: Sauté

Add onion and garlic to the sauce pan with 2 Tbsp of water. Sauté over medium heat until the onion becomes translucent, 2-3 minutes.

Step 3: Simmer

Add all remaining ingredients to the pot. Cover with lid and let simmer for at least 35 minutes, or until the sweet potato is tender.

Taste and adjust seasonings as needed.

Step 4: Optional Ingredients

Make this chili your own! Here are some other things you could add:

different beans, other potatoes, fresh tomatoes, avocado, shredded cheese, plain yogurt or sour cream, cilantro, green onions, tortilla chips, etc.

Step 5: Cool

Once your chili is done, let it sit for about 10 minutes to cool off.

Step 6: Enjoy!

Enjoy!!

This can be stored in an air tight container in the fridge for about 3 days. You could also portion and freeze to have an easy meal later!



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Kitchen Safety Tips:

Make sure to use pot holder when touching pots on the stove.
Turn the stove off as soon as you are done using it.