

Sweet Potato & Black Bean Chili

Serves 4

- 14 g extra-virgin olive oil (1 T)
- 300 g sweet potato, peeled and diced (≈1 medium-large)
- 200 g onion, diced (≈1 large)
- 12 g garlic, minced (≈4 cloves)
- 1 tsp Simply Organic Red Chili Powder
- 4 tsp ground cumin
- ¾ tsp smoked paprika
- ¼ tsp regular paprika (optional)
- 1.5 g salt + MSG blend
- 600 g water (2½ cups)
- 2 × 400 g cans black beans, drained and rinsed (≈480 g drained)
- 1 × 400 g can diced tomatoes
- 4 tsp lime juice
- 20 g fresh cilantro, chopped



INSTRUCTIONS

1. Heat **olive oil** in a Dutch oven over **medium heat**.
2. Add **sweet potato** and **onion**; cook, stirring, until onion begins to soften, **about 4 minutes**.
3. Add **garlic, chili powder, cumin, smoked paprika**, optional **paprika**, and **salt+MSG**. Stir constantly for **30–45 seconds** to bloom spices.
4. Add **water**; bring to a simmer. Cover and **reduce heat** to maintain a gentle simmer. Cook until sweet potato is tender, **10–12 minutes**.
5. Add **black beans**, diced **tomatoes**, and **lime juice**. Increase heat to return to a simmer, then reduce and **cook uncovered 5 minutes** until slightly thickened.
6. Remove from heat and stir in **cilantro**.
7. Taste and adjust heat by adding up to ½ tsp additional chili powder total, in ¼ tsp increments, simmering briefly after each addition.

NOTES

- This chili improves after resting and freezes well.
- Serve with yogurt, avocado, or rice if desired.

NUTRITION (per serving)

Kcal: 360 | Protein: 15 g | Fat: 8 g | Sat. Fat: 1 g | Carbs: 60 g | Sugars: 10 g | Fiber: 16 g | Sodium: 520 mg | Omega-3: 0.1 g

NUTRITION (whole dish)

Kcal: 1,440 | Protein: 60 g | Fat: 32 g | Sat. Fat: 4 g | Carbs: 240 g | Sugars: 40 g | Fiber: 64 g | Sodium: 2,080 mg | Omega-3: 0.4 g