

## BLACK BEAN AND SWEET POTATO CHILI

### INGREDIENTS

4 tsp. avocado oil  
2 small onions, finely diced  
6 medium sweet potatoes, peeled and cubed  
2 red bell peppers, diced  
4 cloves garlic, minced  
2 Tbsp. chili powder or paprika (for a milder version)  
4 tsp. ground cumin  
1 tsp. sea salt  
2 cups water (i.e. tomato juice + water)  
2 cans black beans, rinsed  
6-8 plum tomatoes, chopped, or BPA-free canned equivalent (28 oz.)  
4 Tbsp. fresh lime juice (i.e. 1 and 1/2 limes)  
4 Tbsp. fresh cilantro, chopped (i.e. 1/2 bunch)

Heat oil in a large saucepan over low-medium heat. Add onions and sweet potato; cook, stirring often until slightly softened----i.e. about 2 minutes. Add red pepper, garlic, chili powder, cumin, and salt; cook, stirring constantly---for about 30 seconds.

Add water, bring to a boil, reduce heat, and cover----simmer until sweet potato is tender, 10 to 12 minutes.

Add beans, tomatoes, and lime juice; increase heat, and return to a strong simmer, stirring often.

Reduce heat to maintain a slight boil and cook for 5 additional minutes.

Remove from heat and toss in cilantro.

Serves 10 to 12.