

Black Bean & Sweet Potato Chili

Total Cost: \$12.10

Cost Per Serving (11): \$1.10



Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium red onion, medium dice
- 1 red bell pepper, seeded and diced
- 4 cloves garlic, minced
- 2 teaspoons salt
- 1 large sweet potato, cut into 1/2-inch cubes zest and juice of 1 lime
- One 28 oz. can diced tomatoes, with juice
- Two 15 oz. cans black beans, rinsed and drained
- 1 jalapeno pepper, seeded and chopped
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 teaspoon cocoa powder
- 1 cup water

Nutrition Per Serving:

Calories 252 · Fat 4g · Protein 10g
Carbohydrate 47g · Fiber 9g · Sodium 350mg

Directions

- ⇒ **1.** Warm the oil in a large saucepan or soup pot over medium heat and add the onion, bell pepper, garlic and salt. Sauté until soft, about 4 minutes.
- ⇒ **2.** Add the sweet potato, lime juice and zest. Cook 10-15 minutes more, continuing to stir occasionally
- ⇒ **3.** Add the tomatoes, black beans, jalapeno, cumin, chili powder, water, and cocoa, and bring to a simmer. Cover and cook for 15 minutes.

****Serve with garnishes or alone.
May also be served over
cooked grain.**



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