

Sweet Potato Black Bean Chili

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 cans (15 oz / 425 g) organic BPA-free black beans
- 2 cans or glass jar (28 oz / 794 g) organic tomatoes crushed
- 2 tsp ground cumin
- 1.5 tsp ground coriander
- 1 tsp dried oregano
- 1/2 tsp ground cloves
- 4 small sweet potatoes, chopped
- 1 medium white onion, finely chopped
- 1 yellow pepper, chopped
- 1 red pepper, chopped
- 1-2 hot chili peppers, finely chopped
- 2 garlic cloves, finely chopped

Instructions:

1. In a large pot on the stove, combine black beans, tomatoes, sweet potato and spices. Bring to a soft boil and immediately reduce to a simmer. Meanwhile, saute the onions and peppers. When tender, combine with other ingredients in large pot. Add hot chili pepper and fresh garlic. Let simmer for 30 minutes to one hour. The longer you let the flavours mingle, the more flavourful chili.