

Sweet Potato Black Bean Chili

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 medium onion, chopped
- 3 garlic cloves, chopped
- 1 tsp cayenne powder
- 1 tsp red hot chili flakes
- 2 tbsp ground cumin
- 1 tbsp sweet or smokey paprika
- 2 tbsp extra-virgin olive oil
- 2 cups carrots, chopped
- 1 cup celery, chopped
- 2 cups sweet potato, peeled and chopped
- 1 yellow pepper, chopped
- 2 cans (796mL / 28 fl oz) diced tomatoes (BPA-free)
- 2 cans (398mL / 14 fl oz) black beans (BPA-free)
- 1 can (156mL / 5.5 oz) tomato paste
- 3/4 cup water (optional)

Instructions:

1. In a large soup pot, heat extra-virgin olive oil. Add onions and garlic and sautee for a few minutes. Add cumin and mix with onions and garlic. You can add all the remaining spices here or later one. Up to you.
2. Add carrots and celery to pot and sautee for a few minutes. Add more olive oil if needed. You can also add a splash of water for moisture.
3. Add sweet potato and continue to sautee. Now add yellow pepper, 2 cans tomatoes, black beans and tomato paste. Add remaining spices. Add water if needed.
4. Simmer chili on low for 20-25 minutes to let the flavours mingle and the vegetables become tender.
5. Enjoy right away or refrigerate for up to a week or freeze for up to 3 months.

Notes:

Serves 6 to 8 people If you're making this chili for a little one or someone who doesn't like spices, then half the cayenne and red hot chili flakes amount and give a taste test before adding more.