RECIPE

Black bean and sweet potato chili

A vegan black bean and sweet potato chili for a cold dinner, thick and smoky, with about 437 mg sodium a serving.

MAKES

6 servings US Metric

TOTAL

1 h 10 min

Ingredients

- [ ] 1 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 1 tsp garlic powder
- [ ] 1 red bell pepper, diced
- [ ] 2 tbsp chili powder
- [ ] 2 tsp ground cumin
- [ ] 2 tsp smoked paprika
- [ ] 1 tsp dried oregano
- [ ] 2 tbsp no-salt-added tomato paste
- [ ] 1 lb sweet potato (2 medium), peeled and cut in ¾-inch cubes
- [ ] 2 cans (15 oz each) no-salt-added black beans, drained and rinsed
- [ ] 1 can (14.5 oz) no-salt-added diced tomatoes, with their juice
- [ ] 2 cups water
- [ ] ½ tsp salt

Method

1. Heat the oil in a big pot over medium heat. Cook the onion and red pepper for 6 to 8 minutes, until soft and a little browned at the edges.
2. Add the chili powder, garlic powder, cumin, paprika, oregano and tomato paste. Stir for 1 minute, until the paste darkens a shade and smells toasty.
3. Add the sweet potato, beans, tomatoes with their juice and the water. Stir, scraping up anything stuck to the bottom.
4. Bring to a boil, then turn the heat down to a steady simmer. Cover with the lid cracked. At 5,300 ft water boils near 203 °F, so give it 40 to 45 minutes instead of the usual 30. Stir every 10 minutes.

- [ ] 2 tbsp lime juice

5. It is done when a cube of sweet potato mashes easily against the side of the pot and the chili coats a spoon. If it gets too thick, stir in a splash of water.

6. Off the heat, stir in the salt and lime juice. Taste, and add a pinch more lime before more salt.

7. Cool in shallow containers within 2 hours, then refrigerate. Reheat leftovers to a boil, stirring, or to 165 °F. Freezes in 2-cup tubs for 3 months; thaw overnight in the fridge.