

Recipe For Sweet Potato Chili

Serves 4

Equipment Needed:

Cutting board
Can opener
Knife
Medium soup pot
Spoon for mixing
Measuring cups and measuring spoons

To Make The Recipe:

1-2 tbsp olive oil or rice bran oil
1 medium onion, chopped into small pieces
3 cloves garlic, chopped
1 1/2 tbsp chili powder
2 tsp fresh thyme (or 1 tsp dried)
3 tsp fresh oregano (or 1 tsp dried)
3 tsp fresh basil (or 1 tsp dried)
3-4 cups peeled sweet potatoes, chopped into cubes*
1 can Great Northern Beans, rinsed and drained**
1 can adzuki beans, rinsed and drained**
1 tbsp apple cider vinegar
1 tbsp sucanat
3 cups vegetable or chicken broth
1 cup corn
1 red pepper, seeded and cut into 1/2 inch pieces
1 zucchini
Salt and pepper to taste

Optional: 1 jalapeno pepper, chopped into fine pieces. Add at the same time as the chili powder

Option 2: Add 225 g or ½ pound lean ground beef or chicken. Add when cooking the onions.

Sauté the onion in the oil over low to medium heat until soft. Add the garlic and stir in. Add the chili powder and herbs and mix everything together. Add the sweet potato and the beans and stir so they are coated with the chili mixture. Continue to stir over low heat for about 1 minute. Add the apple cider vinegar, sucanat and broth. Bring to a boil and add the red pepper and corn. Cover and let simmer for half an hour. Cut the zucchini in half lengthwise and cut each of the halves into quarter inch slices and add to the chili. Simmer for 15 minutes more and serve.

*To replace the sweet potatoes with tomatoes, use 1 28 oz can of salt-free diced tomatoes or 4 cups chopped ripe, fresh tomatoes.

**1 (14 oz or 390 ml) can of cooked beans equals about 2 cups. Any legume can be used in this recipe. Garbanzo (chickpeas) beans can easily substitute for the Great Northern beans and kidney beans can be used instead of the adzuki beans

