

## Sweet Potato and Red Bean Chili

*Just Say Yes* to Fruits and Vegetables

*Who said chili needs meat? This veggie chili will surely fill you up!*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

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## Sweet Potato and Red Bean Chili

Serves 4 • Serving: 1½ cups



*Microwave the sweet potatoes before dicing to make them easier to cut.*

### Ingredients:

- 2 tablespoons vegetable oil
- 1 diced medium onion
- 3 cups diced sweet potatoes, with peels
- 2 finely chopped garlic cloves
- 2 cups chopped tomatoes, or 1 15-ounce can diced tomatoes, drained and rinsed
- 1½ tablespoons chili powder
- 2 teaspoons ground cumin (optional)
- 1½ cups water
- 1½ cups cooked or 1 15-ounce can red kidney beans, drained and rinsed
- 2 tablespoons chopped cilantro (optional)
- Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onions and sweet potatoes and cook for 4 minutes.
3. Stir in garlic, tomatoes, chili powder, cumin (if using), and water. Cook for 10 minutes.
4. Add beans. Cook until the beans are heated, about 5 minutes.
5. Add cilantro (if using), salt, and pepper.
6. Serve warm and enjoy!
7. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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