

# Sweet Potato-Black Bean Chili

*Yield: Approximately 8 cups*

- Avocado or coconut oil
- 1 Large onion, finely chopped (1 ½ cups)
- 1 Pound lean ground beef or turkey (optional)  
(or substitute 2 cups cooked lentils or quinoa)
- 1 Tablespoon minced garlic
- 2 Teaspoons chili powder, or to taste
- 2 Teaspoons ground cumin, or to taste
- ½-1 Teaspoon chipotle chili powder (optional, to taste)
- ½ Teaspoon cinnamon
- 1 Bottle (12-oz.) beer (optional) (if not using, substitute 1 cup broth)
- 2 Cups peeled and diced sweet potato or butternut squash
- 1 Can (15-oz.) black beans (if omitting meat, you can use 2 cans for more protein)
- 1 Can (28-oz.) diced tomatoes
- 1-2 Cups vegetable or chicken broth, more as necessary
- Salt and freshly ground pepper



Heat a large Dutch oven or soup pot over medium heat. Add oil to coat bottom and then add onion and ground meat, if using, and cook, stirring often, until meat is cooked through and onion is tender.

Add garlic, chili powder, cumin, chipotle chili powder, and cinnamon; cook until fragrant, about 1 minute. Add beer (or 1 cup broth) and stir, scraping up any bits on the bottom of the pan.

Add sweet potatoes, black beans (including liquid if organic), diced tomatoes, and 1 cup broth. Mix until combined.

Bring to a boil, reduce heat to simmer, cover, and cook about 20-30 minutes, stirring occasionally until sweet potato is tender. If chili is too thick, add additional broth to reach desired consistency. Taste and add salt and pepper as needed. Serve immediately or refrigerate in an air-tight container for up to 7 days or freeze up to 3 months.