

# Sweet Potato & Black Bean Chili Bowls

## PREP TIME:

15 minutes

## COOKING TIME:

17 minutes total

## SERVES:

6



## INGREDIENTS:

2 cups / 1 large onion, chopped  
2 tsp / 2 large cloves garlic, minced  
4 cups / 2 whole / 12oz sweet potato, peeled and chopped 1" dice  
1 x 15.5 oz can black /pinto or kidney beans, rinsed  
2 chipotle chilis, canned in adobo, chopped  
2 tbsp tomato paste  
1 x 14.5 oz can diced tomatoes  
1 Southwest Fiesta blend  
1 1/2 cups vegetable broth / water  
1/2 tsp salt

**optional toppings:** sour cream, salted pumpkin seeds, cilantro

## PREPARE:

heat oil in the Instant Pot on sauté function medium and sauté onion and garlic for 2 minutes

turn off the sauté function and add the sweet potato, beans, chilis, tomato paste, tomatoes, Southwest Fiesta blend, vegetable broth / water, salt

secure the Instant Pot lid and turn the pressure valve to Sealing

press the Manual / Pressure button and adjust the cook time to 6 minutes (it will take 11 minutes to come up to pressure) and allow to cook

turn the dial to Venting and use Quick Pressure Release  
serve immediately

replace the sweet potato with cubed butternut squash if you prefer