

Sweet Potato & Black Bean Chili Bowls

PREP TIME:

15 minutes

COOKING TIME:

LOW: 7 - 8 hours
or
HIGH: 2 1/2 - 3 hours

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 the olive oil in a skillet over a medium heat and sauté the onions and garlic for 2 minutes

add the onion mixture to the beans in the slow cooker

add the sweet potato, beans, chilis, tomato paste, tomatoes, Southwest Fiesta blend, vegetable broth / water, salt

stir, cover and cook on LOW: 7 - 8 hours or HIGH: 2 1/2 - 3 hours

spoon into bowls and top with sour cream and cilantro

replace the sweet potato with cubed butternut squash if you prefer