Sweet Potato & Bean Chili
Recipe from McKenzie & Lisa of Nourish RDs

Ingredients:

- 2 tablespoons olive oil
- 1 large red onion, chopped
- 4 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon oregano
- 2 cups low sodium vegetable broth or water
- 2 medium dark skinned sweet potatoes (yams), peeled, cut into ½” cubes
- 2 15-ounce cans pinto beans, drained and rinsed
- 1 15-ounce can black beans, drained and rinsed
- 2 14.5-ounce cans diced fire roasted tomatoes

Directions:

2. Add garlic, spices and herbs and stir 1 minute.
3. Add broth or water and potatoes. Cover pan; reduce heat to medium and simmer until potatoes are almost tender, about 15 minutes.
4. Add tomatoes with their juices and beans. Simmer uncovered until chili thickens and potatoes are very tender, about 20 minutes.