

# 5+ Ingredient Chili

Adapted from [Minimalist Baker](#)

Serves 6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



## Ingredients

- 1 medium yellow onion, diced
- optional (can omit if using slow cooker): 1 tablespoon grapeseed or canola oil
- 2 medium sweet potatoes, chopped
- 1 16-ounce jar chunky salsa
- 1 15-ounce can black beans, rinsed and drained
- 2 cups vegetable broth
- optional: 1 tablespoon chili powder
- Other ingredients as desired (cumin, avocado, etc.)

## Directions

1. In a large pot over medium heat, sweat onions in oil and season with salt and pepper. Stir and continue cooking on medium heat until translucent and soft.
2. Add sweet potato and chili powder. Cook for 3 minutes. Then add salsa and vegetable broth.
3. Bring mixture to a low boil then lower heat to simmer. Add black beans, cover and cook at least 20 minutes more, preferably 30, or until sweet potatoes are fork tender and the soup is thickened. This chili tastes best when prepared a day ahead or allowed to rest for a few hours so the flavor marries.
4. Serve with optional ingredients such as avocado or diced onion.

## Notes

This can also be made in a slow cooker. Place all ingredients in slow cooker and cook on low for 8-10 hours or high for 4-6 hours. Sauté the onions first for better flavor.

Recipe from [Plant-Powered Meals, Fall 2017](#)