

# Black Bean Sweet Potato Chili

## Ingredients

- 1 to 2 tablespoons olive oil
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 1 large sweet potato, chopped
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 2 teaspoons smoked paprika
- 28 oz. canned, diced, fire-roasted tomatoes
- (2) 15 oz. cans black beans
- ¼ cup corn, frozen or canned
- ½ teaspoon salt (or to taste)
- OPTIONAL TOPPINGS: grated cheese, plain greek yogurt, cilantro, avocado



**Makes 4-6 Servings;**  
**Total time: 40 Mins**

## Directions

1. In a large pot over medium heat, add the olive oil. Saute the onion for 3-4 minutes, then add the garlic, potato, and spices and cook for 2-3 minutes until the spices are fragrant.
2. Add the canned tomatoes along with their juices, black beans and their liquid, and corn. Stir to combine.
3. Simmer the mixture, uncovered, for 25-30 minutes, stirring occasionally, until potatoes are soft. Add water as needed so the mixture stays moist.
4. Taste and add salt as needed. Serve with desired toppings, such as avocado chunks, cilantro, shredded cheese, and plain greek yogurt.

Recipe adapted from [www.noracooks.com](http://www.noracooks.com)