

SWEET POTATO AND RED BEAN CHILI

Makes 6 servings



Ingredients



2 teaspoons vegetable oil



1 medium onion, diced



2 garlic cloves, minced



3 cups diced sweet potatoes



1 1/2 tablespoons chipotle chili powder



2 teaspoons ground cumin (optional)



2 cups fresh or 1 15-ounce can chopped tomato (no or low-sodium preferred)



1 1/2 cups water



1 1/2 cups cooked or 1 15-oz can red beans, drained and rinsed (no or low-sodium preferred)



2 tablespoons chopped cilantro (optional)



Salt and pepper to taste



*Optional: 6 cups cooked whole grain like brown rice, farro or quinoa

1

Heat oil in a large pot over medium heat.

2

Add onions and garlic. Cook for about 4 minutes or until softened.

3

Stir in the sweet potatoes and spices. Heat to toast for 1 minute.

4

Add tomatoes and 1 1/2 cups water. Cook for 10 minutes.

5

Add beans. Cook until the beans are heated, about 5 minutes.

6

Add cilantro, salt and pepper.

7

To make this a complete meal, serve each portion with 1 cup of your favorite whole grain like brown rice, farro or quinoa.

Nutrition Information (per serving, includes 1 cup brown rice):
Calories 370, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 400mg, Carbohydrates 75g, Fiber 11g, Added Sugars 0g, Protein 10g



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