



SWEET POTATO AND BLACK BEAN CHILI

ingredients:

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| 2 teaspoons canola oil | 1 can (6 ounces) no-salt-added tomato paste |
| 1 medium onion, finely diced | 2 cans (15 ounces each) black beans, drained and rinsed |
| 3 cloves garlic, minced | 1 can (15 ounces) low-sodium diced tomatoes |
| 2 sweet potatoes, peeled and diced | 1 Tablespoon lime juice |
| 3 Tablespoons chili powder | 1/4 cup fresh cilantro, chopped |
| 1 Tablespoon ground cumin | 1/4 cup plain nonfat Greek yogurt |
| 1/2 teaspoon ground chipotle | |
| 1 can (15 ounces) vegetable broth | |
| 2 cups water | |

directions:

1. Heat oil in large saucepan on medium heat.
2. Add onion, garlic and potato and cook, stirring often, until the onion is slightly softened, about 4 minutes.
3. Add chili powder, cumin, and chipotle and stir constantly for about 30 seconds. Add vegetable broth, water and tomato paste. Cover pot and cook until the potato is tender, about 15 minutes.
4. Add beans, tomatoes and lime juice. Increase heat to bring to a boil, then reduce heat and let simmer for 15 minutes. Stir often.
5. Remove from heat and stir in cilantro. Top each serving with 1 Tablespoon Greek yogurt.

Yield: 6 servings

Nutrition Information Per Serving:

226 Calories
2 grams Fat
0 grams Saturated Fat
0 mg Cholesterol
448 mg Sodium
44 grams Carbohydrates
13 grams Fiber
11 grams Protein

Food exchanges:
1 starch, 6 vegetable, 1/2 fat



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