

Recipe: Vegan Black Bean Sweet Potato Chili

INGREDIENTS:

- 2 TB olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 large sweet potato
- 2 TB chili powder
- **2 tsp cumin**
- 2 tsp smoked paprika
- 1 tsp Himalayan sea salt
- 28-oz diced tomatoes with juices (I used fire roasted tomatoes)
- (2) 15-oz cans black beans, drained and rinsed
- 2 cups vegetable broth (or water)
- Toppings: chopped cilantro, chopped green onion, avocado

INSTRUCTIONS:

1. In a large pot over medium heat, add olive oil. Sauté the onion for 4ish minutes, until translucent, then add the garlic and sweet potato and cook two more minutes.
2. Add the chili powder, cumin, smoked paprika and salt. Stir it into the veggies.
3. Pour in the diced tomatoes along with their juices, the drained black beans, and two cups of vegetable broth. Stir to combine.
4. Allow the mixture to simmer for 20 minutes, uncovered.
5. Serve with avocado chunks, cilantro, and green onions.