



Sweet Potato and Black Bean Chili

INGREDIENTS (serving size: 6)

- 2 teaspoons canola oil
- 1 medium onion, finely diced
- 3 cloves garlic, minced
- 2 sweet potatoes, peeled and diced
- 3 Tablespoons chili powder
- 1 Tablespoon ground cumin
- ½ teaspoon ground chipotle
- 1 can (15 ounces) vegetable broth
- 2 cups water
- 1 can (6 ounces) no-salt-added tomato paste
- 2 cans (15 ounces each) black beans, drained and rinsed
- 1 can (15 ounces) low-sodium diced tomatoes
- 1 Tablespoon lime juice
- ¼ cup fresh cilantro, chopped
- ¼ cup plain nonfat Greek yogurt

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

DIRECTIONS

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