



Slow Cooker Vegetarian Chili with Sweet Potatoes

Served at Grace Presbyterian Church's 4th Annual Farm to EVERY Fork event,
October 21, 2016

Hands-On Time 20 minutes

Cooking Time 7-8 hours on low, or 4-5 hours on high
makes about 7 cups of stew, approximate 4 servings

Ingredients

- 1 medium red onion, chopped
- 1 green bell pepper, chopped
- 4 garlic cloves, chopped

- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 2 teaspoons unsweetened cocoa powder
- 1/4 teaspoon ground cinnamon
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper

- 1 28-ounce can fire-roasted diced tomatoes
- 1 15.5-ounce can black beans, rinsed (ok to use low-sodium style)
- 1 15.5-ounce can kidney beans, rinsed

- 1 medium sweet potato (about 8 ounces), peeled and cut into 1/2-inch pieces

Optional toppings:

- sour cream or greek yogurt
- sliced scallions
- sliced radishes
- tortilla chips

Directions

In a 4- to 6-quart slow cooker, combine the onion, bell pepper, garlic, chili powder, cumin, cocoa, cinnamon, 1 teaspoon salt, and 1/4 teaspoon black pepper. Add the tomatoes (and their liquid), beans, sweet potato, and 1 cup water.

Cover and cook until the sweet potatoes are tender and the chili has thickened, on low for 7 to 8 hours or on high for 4 to 5 hours (this will shorten total recipe time).

Serve the chili with optional toppings.

Source:

Real Simple magazine

www.realsimple.com/food-recipes/browse-all-recipes/slow-cooker-vegetarian-chili-with-sweet-potatoes#close

Buying ingredients on sale, recipe cost \$8 per batch or about \$2 per serving.