

SWEET POTATO AND BLACK BEAN CHILI



INGREDIENTS:

- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 2½ cups water
- 2 (10 oz) pouches black beans, rinsed
- 1 (14.5 oz) can diced tomatoes
- 1 (16oz) jar of prepared salsa
- ½ lime, juiced
- ½ teaspoon salt

INSTRUCTIONS:

1. Heat oil in a soup pot over medium-high heat.
2. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes.
3. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
4. Add beans, tomatoes, salsa, lime juice, and salt. Increase heat to boil then turn down heat to low and simmer, about 5 minutes.
5. Eat and enjoy!

Yield: 4-6 servings

Source: Adapted from eatingwell.com

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