

pre-cook potatoes,
then slow cook 4 hrs.

Black Bean and Sweet Potato Chili (slow cooker)

Ingredients (serves 6)

1 ½ lbs. sweet potatoes (4 to 5 small-medium or about 2 large), scrubbed and cut into 1/2-inch pieces
2 (15 oz.) cans black beans, drained
1 (28 oz.) can fire-roasted tomatoes, crushed or diced
¾ cup orange juice
¼ cup coconut oil or vegetable oil
2 to 4 fresh or frozen chilies, finely chopped
2 Tbsp. light brown sugar
Juice of 1 lime (about 1 ½ Tbsp.)
6 garlic cloves, smashed and roughly chopped
1 tsp. smoked paprika
2 tsp. ground cumin
2 tsp. garlic powder
2 tsp. onion powder
2 tsp. kosher salt
½ tsp. black pepper
1 cup water



1 lb. ground beef (optional, if you want to make it vegan)

for toppings:

avocado
red onion
green onion
cilantro

Directions

Pre-cook the sweet potatoes in boiling water for 5 minutes.

In a 6- to 8-quart slow cooker, combine the sweet potatoes, black beans, tomatoes, orange juice, oil, chilies, brown sugar, lime juice, garlic cloves, and dried spices. Stir in 2 teaspoons salt, a generous amount of pepper and 1 cup water. Cook on low (Medium on InstantPot) until the sweet potatoes are tender, about 4 hours. The chili holds well on the warm setting.

Cook the meat in a frying pan and break it up.

Just before serving the chili, stir in the meat and let it warm through, about 5 minutes. Taste and add more salt and pepper if necessary. Top with avocado, red onions, green onions, and/or cilantro.