

# SWEET POTATO CHILI

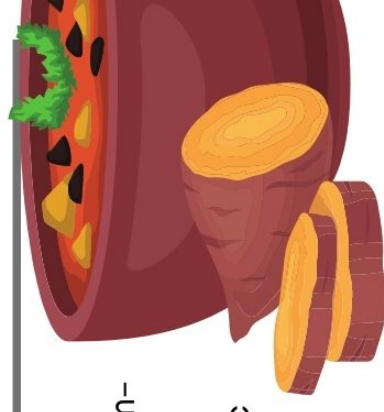
## INGREDIENTS

- 1 Tablespoon **vegetable oil**
- 1 large **onion**, peeled and chopped
- 1 **bell pepper**, seeded and diced
- 3 cloves **garlic**, peeled and finely chopped
- 1 (16 ounce) can **diced tomatoes** with liquid
- 3 medium **sweet potatoes**, cut in 1-inch cubes
- 2 Tablespoons **chili powder**
- 1 teaspoon ground **cumin**
- 1 teaspoon dried **oregano**
- 3/4 teaspoon **black pepper**
- 1 **zucchini**, sliced 1/4 inch
- 1 (16 ounce) can **beans**, drained and rinsed
- 1/2 cup **water**

## INSTRUCTIONS

1. In large pot, heat the oil over medium-high heat. Add onion and bell pepper and cook until softened. Add the garlic and cook, stirring, for 1 minute.
2. Add the tomatoes, sweet potatoes, chili powder, cumin, oregano, and pepper. Bring to a boil, stirring occasionally. Lower the heat and simmer for 20 minutes.
3. Add the zucchini, beans, and water. Cook until vegetables are tender and chili has thickened slightly.

SERVES 4



## Nutrition Facts

Servings: 4

Amount per serving

**Calories**

**241**

% Daily Value\*

Total Fat 4.6g

6%

Saturated Fat 0.9g

4%

Cholesterol 0mg

0%

Sodium 298mg

13%

Total Carbohydrate 48.5g

18%

Dietary Fiber 10g

36%

Total Sugars 8.7g

**Protein** 4.9g

Vitamin D 0mcg

0%

Calcium 85mg

7%

Iron 3mg

14%

Potassium 1272mg

27%

***This is a great dish to freeze  
for another meal.***



This material was funded by USDA's Supplemental Nutrition Assistance program (SNAP). This institution is an equal opportunity provider.