

Sweet Potato and Black Bean Chili with Kale



Ingredients

1 tbsp	olive oil
1-1/2 cups	chopped onions
1-1/2 cups	chopped green bell peppers
1	jalapeno pepper, seeded and minced
2 tsp	garlic
3 cups	peeled and cubed sweet potatoes
4 tsp	chili powder
2 tsp	ground cumin
1 tsp	ground oregano
½ tsp	smoked paprika (see cooking tip)
¼ tsp	cayenne pepper (optional)
1 can (798 mL)	no-salt-added diced tomatoes, undrained
2 cups	low-sodium vegetable broth
1 can (398 mL)	no-salt-added tomato sauce
½ tsp	each salt and freshly ground black pepper
2 cans (540 mL)	black beans, or 1 can black beans + 1 can chickpeas (pictured), drained and rinsed
2 cups	(packed) chopped fresh kale leaves
3 tbsp	minced fresh cilantro
	Juice from ½ a lime
1 large	avocado (diced) plus chopped green onions for garnish (optional)

Directions

1. Heat olive oil in a large pot over medium-high heat. Add onions, bell peppers, jalapeno and garlic. Cook and stir until vegetables begin to soften, about 5 minutes. Be careful not to burn the garlic (reduce heat if necessary).
2. Add sweet potatoes, chili powder, cumin, oregano, paprika and cayenne (if using). Mix well, until potatoes are coated with seasoning. Add tomatoes, broth, tomato sauce, salt and pepper. Mix well. Bring mixture to a boil. Reduce heat to low, cover and simmer for 15 minutes.

3. Stir in beans and kale. Simmer for 10 more minutes, or until sweet potatoes are tender. Remove from heat and stir in cilantro and lime juice. Top individual servings with diced avocado and green onions, if desired.

Make 8 servings

Per serving: 264 calories, 3.6 g total fat (0.3 g saturated fat), 12 g protein, 48 g carbohydrate, 13 g fiber, 0 mg cholesterol, 306 mg sodium

Cooking Tip: The smoked paprika makes the chili taste a little, well, smoky! If you don't have it, you can use regular paprika.