

Sweet Potato Chili



~ 'Tis the season for slow cooker cooking! ~

Servings: 6
Prep Time: 15 min
Slow Cook: HIGH (6 hours) or LOW (8 hours)

Ingredients

- 3 large sweet potatoes (about 2 pounds) peeled and cut into $\frac{3}{4}$ " pieces
- 1 large onion, chopped
- 1 green pepper, core & seeds removed, chopped
- 4 cloves garlic, peeled & chopped
- 1 can (15 oz) pinto beans, drained & rinsed
- 1 can (14.5 oz) jalapeño-seasoned petite diced tomatoes
- 2 Tbsp chili powder
- 1 Tbsp unsweetened cocoa powder
- 1 tsp ground cumin
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp cayenne pepper
- $\frac{1}{2}$ C cilantro leaves, chopped
- 2 packages (8.8 oz each) fully cooked microwavable brown rice (such as Uncle Ben's)

Preparation

1. Coat slow cooker bowl with nonstick cooking spray.
2. Layer sweet potatoes, onion, green pepper, garlic and pinto beans in slow cooker.
3. Combine tomatoes, chili powder, cocoa, cumin, salt, cayenne pepper and **2C water** in a medium-sized bowl. Pour over vegetables.
4. Cover and cook on HIGH for 6 hours or LOW for 8 hours.
5. Stir cilantro into chili and serve over brown rice.

Servings per Recipe: 6

Nutrition (per serving): 261 calories, 2g total Fat (0g Saturated Fat), 0mg Cholesterol, 651mg sodium, 53g carbohydrates, 10g fiber, 9g protein