

# Black Bean, Chorizo & Sweet Potato Chili

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## Servings: 16

## Yield: 4 quarts

*1 pound uncooked chorizo sausage  
(casings removed) OR spicy bulk  
pork sausage*

*1 large onion, chopped*

*2 poblano peppers, finely chopped*

*2 jalapeno peppers, seeded and finely  
chopped*

*3 tablespoons tomato paste*

*3 large sweet potatoes, peeled and cut  
into 1/2-inch cubes*

*4 cans (14-1/2 ounce each) fire-  
roasted diced tomatoes, undrained*

*2 cans (15 ounce each) black beans,  
rinsed and drained*

*2 cups beef stock*

*2 tablespoons chili powder*

*1 tablespoon dried oregano*

*1 tablespoon ground coriander*

*1 tablespoon ground cumin*

*1 tablespoon smoked paprika*

*1/4 cup lime juice*

## Preparation Time: 20 minutes

## Cook Time: 6 hours

In a large skillet, cook and stir the chorizo, onion, poblanos and jalapenos over medium heat for 8 to 10 minutes or until the chorizo is cooked.

Using a slotted spoon, transfer to a six-quart slow cooker.

Stir in the tomato paste. Add the potatoes, tomatoes, beans, stock and spices. Stir to combine.

Cover and cook on LOW for 6 to 7 hours or until the potatoes are tender.

Stir in the lime juice.

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Per Serving (excluding unknown items): 127 Calories; 1g Fat (5.6% calories from fat); 6g Protein; 25g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 305mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.

## Soups and Chili

### Per Serving Nutritional Analysis

Calories (kcal):

127

Vitamin B6 (mg):

.2mg

% Calories from Fat:	5.6%
% Calories from Carbohydrates:	74.9%
% Calories from Protein:	19.5%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	25g
Dietary Fiber (g):	5g
Protein (g):	6g
Sodium (mg):	305mg
Potassium (mg):	526mg
Calcium (mg):	53mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	28mg
Vitamin A (i.u.):	5383IU
Vitamin A (r.e.):	538 1/2RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	118mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 16

### Amount Per Serving

**Calories** 127 Calories from Fat: 7

### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	305mg	13%
<b>Total Carbohydrates</b>	25g	8%
Dietary Fiber	5g	21%
<b>Protein</b>	6g	

<b>Vitamin A</b>	108%
<b>Vitamin C</b>	47%
<b>Calcium</b>	5%
<b>Iron</b>	13%

\* Percent Daily Values are based on a 2000 calorie diet.