
Vegan Sweet Potato Chili

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Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 30 minutes

2 cups low-sodium vegetable broth
1/2 cup chopped onion
3 cloves garlic, minced
1/2 jalapeno pepper, minced
2 (3 cups) sweet potatoes, peeled and cut into one-inch pieces
2 tablespoons chili powder
1 tablespoon cumin
1 1/2 teaspoons tomato paste
1/2 teaspoon smoked paprika
1/2 teaspoon dried oregano
1/2 teaspoon crushed red pepper
1 can (28 ounce) diced tomatoes
1 can (15 ounce) kidney beans, rinsed and drained

In a Dutch oven over medium heat, heat five tablespoons of vegetable broth. Add the onion, garlic and jalapeno pepper. Cook, stirring frequently, until the onion is slightly tender, about 5 minutes. Stir in the sweet potatoes, chili powder, cumin, tomato paste, paprika, oregano and crushed red pepper. Pour the remaining vegetable broth into the pot.

Bring the mixture to a boil. Reduce the heat to medium and simmer until the sweet potatoes are tender, 20 to 25 minutes. Stir in the tomatoes and kidney beans. Simmer, covered, over low heat until the flavors have blended, about 45 minutes.

Serve with desired toppers.

(The chili can be chilled, covered, for up to three days ahead and warmed through over low heat.)

Soups, Chili, Stew, Vegetarian

Per Serving (excluding unknown items): 268 Calories; 1g Fat (4.7% calories from fat); 10g Protein; 56g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 66mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.