



Recipe: **Sweet Potato & Black Bean Chili** by Michelle Yavelow

INGREDIENTS:

- 2 cups uncooked brown rice
- 1 large white onion, diced
- 2 Tbsp olive oil
- 2 med sweet potatoes, skin on, washed and chopped
- 3 Tbsp garlic, minced
- 2½ cups water
- 2 cans low-sodium black beans, rinsed & drained
- 1 can no-sodium diced tomatoes
- 1 tsp ea. salt and black pepper
- ½ packet low-sodium taco seasoning

DIRECTIONS:

1. Add rice and 2½ cups of water to a pot, boil, reduce heat, cover and simmer for 15-20 minutes.
2. Remove from heat and steam covered for 5-10 minutes.
3. Add olive oil to a large pot on high heat.
4. Add sweet potatoes, onions, and garlic and stir.
5. Add 2½ cups of water, stir and bring to a boil.
6. Reduce heat to low, cover, and simmer for 10-12 minutes.
7. Add black beans, tomatoes, salt and pepper, and taco seasoning and bring to a boil, stirring constantly.
8. Reduce heat and simmer for 5 minutes.
9. Add rice to sweet potato mixture, stir and serve.