Vegan Sweet Potato Chili

PREP TIME
10 mins

COOK TIME
20 mins

SERVINGS
6

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 large onion, diced (or 1/2 tsp)
- 1 large green pepper, seeded and diced
- 1 large sweet potato, diced
- 2 large garlic cloves, minced (or 1/2 tsp ground garlic)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 (28-ounce) can crushed tomatoes
- 1 (16-ounce) can diced tomatoes
- 3 (15-ounce) cans of beans (any kind - pinto, black, kidney, navy, cannelloni)
- 1 (4-ounce) can chopped green chilies, drained
- 1/2 teaspoon salt
- 1/2 teaspoon Tabasco sauce

INSTRUCTIONS

2. Open crushed tomatoes and diced tomatoes. Do NOT drain or rinse. Set aside.
3. Open pinto beans and white and red kidney beans. Pour all into a colander (strainer) and rinse well with cold water. Set aside.
4. Heat large saucepan over medium heat. Add oil. Cook onion, pepper, sweet potato and garlic until softened, 5-7 minutes. Add chili powder and cumin; stir and cook for 1 minute.
5. Add crushed tomatoes, diced tomatoes, pinto beans, white kidney beans, red kidney beans, green chilies, salt and Tabasco sauce. Over high heat, bring to boil. Once boiling, reduce heat to low. Cover and simmer 15 minutes to blend flavors, stirring occasionally.
6. Remove from heat and serve. If desired, sprinkle with diced chives, avocado or shredded cheese*

*Not vegan

Storage: Within 2 hours of cooking, store leftovers in air-tight container in refrigerator up to 4 days, or in freezer up to 3 months.