

## Soup and chili

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# Pork and Sweet Potato Chili

Pillsbury Best One Dish Meals - February - 2011

**Servings: 6**

**Preparation Time: 40 minutes**

**Start to Finish Time: 40 minutes**

*Look for sweet potatoes that have a dark orange to pale red skin. This type is moister and slightly sweeter than the pale orange variety.*

**1 tablespoon olive oil**

**1 large (1 cup) onion, chopped**

**1 pound boneless pork loin, trimmed of fat and cut into 3/4-inch cubes**

**4 teaspoons chili powder**

**1 cup chicken broth**

**2 medium (3 cups) sweet potatoes, peeled and cut into 3/4-inch cubes**

**1 can (15.5 oz) great northern beans, drained and rinsed**

**1 can (14.5 oz) diced tomatoes, undrained**

**1 teaspoon grated orange peel**

**1 teaspoon salt**

**1/2 teaspoon pepper**

In a 4-quart saucepan, heat the oil over medium-high heat. Cook the onion in the oil about 2 minutes, stirring frequently, until tender.

Add the pork and chili powder. Cook and stir about 4 minutes or until pork is no longer pink.

Stir in the broth, sweet potatoes, beans, tomatoes, orange peel, salt and pepper.

Reduce the heat to medium-low.

Cover and simmer for 15 to 20 minutes, stirring occasionally, or until the sweet potatoes are tender.

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Per Serving (excluding unknown items): 194 Calories; 3g Fat (15.1% calories from fat); 9g Protein; 34g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 513mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.