

# **Sweet Potato Chili**

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**Servings: 6**

**Preparation Time: 15 minutes**

**Cook time: 80 hours**

**3 large (w pounds) peeled and cut into 3/4-inch pieces**  
**1 large onion, chopped**  
**1 green pepper, cored, seeded and chopped**  
**4 cloves garlic, peeled and chopped**  
**1 can (15 oz) pinto beans, drained and rinsed**  
**1 can (14 1/2 oz) jalapeno-seasoned petite diced tomatoes**  
**2 tablespoons chili powder**  
**1 tablespoon unsweetened cocoa powder**  
**1 teaspoon ground cumin**  
**1/2 teaspoon salt**  
**1/4 teaspoon cayenne pepper**  
**2 cups water**  
**1/2 cup cilantro leaves, whole, chopped**  
**2 packages (8.8 oz) fully cooked microwavable brown rice**

Coat the slow cooker with nonstick cooking spray.

Layer the sweet potatoes, onion, green pepper, garlic and pinto beans in the slow cooker.

In a medium bowl, combine the tomatoes, chili powder, cocoa, cumin, salt, cayenne and water. Pour over the vegetables.

Cover and cook on HIGH for 6 hours or LOW for 8 hours.

Stir cilantro into the chili and serve over brown rice.

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Per Serving (excluding unknown items): 136 Calories; 1g Fat (6.6% calories from fat); 8g Protein; 26g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 211mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.