

Vegetarian Chili

Integrated Marketing Services, Apopka, FL

Servings: 4

Preparation Time: 15 minutes

Cook time: 30 minutes

1 tablespoon olive oil
2 medium (3 cups) sweet potatoes, peeled, and cut into 1/2-inch cubes
1 small onion, chopped
1 clove garlic, minced
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1/8 teaspoon cayenne
salt (to taste)
1 can (15 oz) black beans, rinsed and drained
1 can (14.5 oz) diced tomatoes, undrained
1/2 cup vegetable broth
1 tablespoon fresh lime juice
shredded Cheddar cheese (optional)
light sour cream (optional)
cilantro sprigs (optional)

Coat a large Dutch oven with nonstick cooking spray and place over medium heat.

Add the oil. Heat for 1 minute.

Add the sweet potatoes and onion. Cook and stir for 7 to 10 minutes or until slightly tender.

Stir in the garlic, cumin, chili powder, cayenne and salt to taste.

Add the beans, tomatoes, broth and lime juice. Stir well to combine.

Reduce the heat to low. Simmer, covered, for 15 to 20 minutes or until the sweet potatoes are soft.

Ladle the chili into bowls.

If desired, top with Cheddar cheese, sour cream and cilantro.

Serve hot.

Per Serving (excluding unknown items): 308 Calories; 5g Fat (14.3% calories from fat); 13g Protein; 55g Carbohydrate; 11g Dietary Fiber; trace Cholesterol; 223mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat.