Main dishes / United States

Sweet Potato and Black Bean Chili

A thick, smoky chili of soft sweet potato cubes and black beans simmered with fire-roasted tomatoes, chipotle, and cumin. Sweet and earthy with a smoldering heat, brightened at the end with lime and cilantro.

Time 60 min **Servings** 4

What you'll need.

- ☐ 30 ml Olive oil
- ☐ 1 whole Yellow onion, diced
- ☐ 1 whole Red bell pepper, diced
- ☐ 4 cloves Garlic, minced
- ☐ 30 g Tomato paste
- ☐ 2 tbsp Chili powder
- ☐ 2 tsp Ground cumin
- ☐ 1 tsp Smoked paprika
- ☐ 1 tsp Dried oregano
- ☐ 1 whole Chipotle pepper in adobo, minced, plus 1 tsp sauce
- ☐ 600 g Sweet potatoes, peeled and cut into 1.5 cm cubes
- ☐ 400 g Fire-roasted diced tomatoes
- ☐ 500 ml Vegetable stock
- ☐ 480 g Black beans, cooked and drained (about 2 cans)
- ☐ 1 whole Lime, juiced
- ☐ 15 g Cilantro, chopped
- ☐ 0 to taste Kosher salt
- ☐ 1 whole Avocado, diced, for serving

Let's make it.

01 Heat the oil in a Dutch oven over medium heat. Add the onion and bell pepper with a pinch of salt and cook 7–8 minutes, stirring occasionally, until soft and starting to brown at the edges. Add the garlic and cook 30 seconds.

02 Add the tomato paste, chili powder, cumin, smoked paprika, oregano, and chipotle with its sauce. Stir constantly for 1–2 minutes so the spices fry in the oil and the paste darkens.

03 Add the sweet potatoes, tomatoes with their juices, stock, black beans, and 1 teaspoon salt. Scrape up anything stuck to the pot. Bring to a boil, then reduce to a gentle simmer, partially covered, for 25–30 minutes, stirring occasionally, until the sweet potato is tender and the chili has thickened. Mash a few sweet potato cubes against the pot to thicken further if needed.

04 Off the heat, stir in the lime juice and taste; adjust salt. Ladle into bowls and top with cilantro and diced avocado.

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Servings are an estimate; check quantities in the source recipe.
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