



# Sweet Potato Chili

1 large sweet potato, cubed  
1 onion, chopped  
2 bell peppers, chopped  
2 cloves of garlic, chopped  
2 1/2 tablespoon chili powder  
1 teaspoon ground cumin and dried oregano  
1/2 teaspoon ground black pepper  
1 28-ounce can diced tomatoes  
1 can black beans, drained and rinsed  
1 can kidney beans, drained and rinsed  
salt, to taste

1. Heat olive oil over medium-high heat
2. Add in onions and cook for 3 minutes
3. Add in peppers and garlic and cook for 2 more minutes
4. Add spices, diced tomatoes, beans, and sweet potato and bring mix to a boil
5. Once boiling, lower heat to a simmer and cook for 30-40 minutes, uncovered
6. Enjoy!



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They are high in fiber which helps with digestion

- Sweet potatoes should be stored in cool dark areas
- Worldwide, sweet potatoes are 7th most produced crop
- They come in a variety of colors such as orange purple, and yellow

Carotenoids are antioxidants that give sweet potatoes their orange and yellow color. They have disease fighting properties in the body.

These sweet potatoes were locally harvested. Be sure to use caution when foraging and only eat what you are familiar with and know is not poisonous. Sweet potatoes can cause a spike in blood sugar, so be careful if you're sensitive to sugars



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