

Sweet Potato Black Bean Chili

Yield: 5 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-sweet-potato-chili-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 pound sweet potatoes peeled and diced
- 1 yellow onion chopped
- 1 green bell pepper chopped
- 4 garlic cloves minced
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne adjust to taste
- 2 cans diced tomatoes 14.5 ounces each, with chiles, undrained
- 2 cans black beans 15 ounces each, rinsed and drained
- 3 cups vegetable broth

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 58 grams
3. Fat: 3.5 grams
4. Fiber: 18 grams
5. Protein: 14 grams
6. Sodium: 1300 milligrams
7. Sugar: 9 grams

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