

Market District Demo Recipes

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Sweet Potato and Black Bean Chili

Serves: 4

Modified from: www.EatingWell.com

Items Needed: cutting board, chef knife, measuring spoons, measuring cups, 3-quart pot, wooden spoon

Ingredients:

- 2 Tablespoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 Tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile
- ¼ teaspoon salt
- 2 ½ cups water
- 2 (15-ounce) cans black beans, rinsed and drained
- 1 (14-ounce) can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

Directions:

1. Heat oil in a 3-quart pot over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion begins to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle, and salt and cook, stirring constantly, for 30 seconds.
2. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
3. Add beans, tomatoes, and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

Nutrition Information (per ¼ of recipe):

Calories: 323 Fat: 8 g Carbs: 55 g Protein: 13 g Fiber: 16 g Sodium: 573 mg