



Vegan Sweet Potato Chili

Makes four 1½ cup servings

Adapted from a recipe by Shanti Rade, Whipstone Farm,
Paulden, Arizona

- 2 sweet potatoes, peeled and diced in 2" chunks
- 1 yellow onion, diced
- 1 red bell pepper, seeded and chopped
- 1 (14 ounce) can tomatoes
- 1 (15 ounce) can red kidney beans, drained and rinsed
- 2 garlic cloves, minced
- 1 tablespoon chili powder (or some fresh, hot peppers, minced)
- 1 teaspoon smoked paprika
- 1 teaspoon chipotle chile powder
- ½ cup orange juice
- 1 cup water



Directions

Use a 6-quart slow cooker. Add sweet potatoes, onion, pepper, tomatoes, beans, garlic and spices. Pour in orange juice and water. Cover and cook on low for 6-8 hours or until sweet potatoes are tender.

**For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmhealthconnect.org**

NUTRITION INFORMATION PER 1½ CUP SERVING:

Calories	215
Total Fat	1 g
Carbohydrates	43 g
Fiber	10 g
Protein	9 g
Sodium	400 mg
Potassium	966 mg

Cost per 1½ cup serving: \$1.85