

Sweet Potato, Black Bean and Quinoa Chili

By: Stock the Crock, Phyllis Good

Ingredients:

2 medium sweet potatoes, peeled and diced
3 cups cooked black beans (about 2 (15 oz) cans, drained and rinsed)
1/2 cup uncooked quinoa, rinsed in cool water
2 cups water or vegetable broth
2 (14.5 oz.) cans diced tomatoes (low sodium)
1 medium red onion, chopped
1-2 seeded minced jalapeno chilies, (depending on the heat desired)
4 garlic cloves, minced
1 tbsp. ground cumin
1-3 tbsp chili powder (depending on the heat desired)
1 tbsp unsweetened cocoa
1/2 tsp. ground cinnamon
1 medium green bell pepper, chopped
salt and black pepper to taste

Fresh toppers: (all optional)

1/2 to 3/4 cup fresh cilantro
1/2 cup chopped green onions
1 cup sour cream or plain Greek Yogurt
shredded pepper and jack cheese
crushed tortilla chips

Make It for 2:

- Use a 4 quart crockpot
- Half each ingredient
- Follow the instructions in the recipe
- Reduce cooking time to LOW for 4 to 4 1/2 hours or until the sweet potatoes and onion are tender.

Instructions:

1. Grease the interior of the crockpot with butter, nonstick cooking sprary or olive oil
2. Combine the diced sweet potatoes and next 11 ingredients (thru cinnamon) in the prepared crock and mix well.
3. Cover. Cook on LOW 5-6 hours or on HIGH 2-3 hours.
4. Ten or 15 minutes before the end of the cooking time, stir in the bell pepper.
5. Season to taste with salt and pepper.
6. Serve in bowls. Add toppings, if desired.

Serves: 4-5

6 quart Crockpot

NOTES:

Freeze leftovers in freezer-safe containers. Label and date the contents. Use within 3 months.

Vegan, Paleo, Picky Eaters and Simple Swaps suggestions provided in the cookbook.

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