

Sweet Potato Chili

Ingredients:

Yield: 8 servings

- 2 sweet potatoes, diced
- 2 (14.5 oz) cans diced, stewed tomatoes with chili seasoning
- 1 (8 oz) can tomato sauce
- $\frac{3}{4}$ cup diced sweet onion
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{2}$ cup water
- 1 tbsp chili powder
- 1 tsp ground cumin
- $\frac{1}{2}$ tsp ground cinnamon
- 1 pinch each: salt, pepper, cayenne pepper, garlic powder, onion powder
- $\frac{1}{2}$ lb ground turkey
- $\frac{1}{2}$ lb ground beef
- 1 (12 oz) can black beans, rinsed and drained
- 1 cup corn

(continued)

Directions:

1. Place sweet potatoes, stewed tomatoes, tomato sauce, onion, celery, water, chili powder, cumin, cinnamon, salt, black pepper, cayenne pepper, garlic powder and onion powder in a slow cooker. Cook on high, stirring occasionally, for 5 hours.
2. Heat a large skillet over medium-high heat and stir in ground turkey and beef. Cook and stir until meat is crumbly, evenly browned and no longer pink, 10-15 minutes. Drain and discard any excess grease.
3. Add cooked ground turkey, cooked ground beef, black beans and corn to sweet potato mixture in slow cooker.
4. Cook until flavors have blended, 1-2 hours. Serve warm.

Nutrition Facts: (per serving)

Calories: 250 • Fat: 7g •

Sodium: 669mg • Carbohydrates: 33g

Dietary Fiber: 7g • Protein: 16g

Source: allrecipes.com Submitted by: salt&light



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