

Slow Cooker Sweet Potato Black Bean Chili

Instructions

1. Preheat the oven to 375 degrees. Add the sweet potato pieces to a baking sheet, toss with 1 teaspoon of olive oil, and sprinkle with ½ teaspoon of sea salt. Roast for 25-30 minutes, until tender. This step can be completed a day or two in advance.
2. Start prepping the chili by adding 1 tablespoon of olive oil to a skillet. Once the oil is hot, add the chopped onion, bell peppers, and garlic. Sauté for 5-7 minutes until the onions are fragrant and translucent. Season with chili powder, salt, cayenne, and cinnamon. Toss to combine and cook for one more minute.
3. Transfer the cooked onions and peppers into your slow cooker. Add the roasted sweet potato pieces, black beans, and diced tomatoes. Cook on high for 2-3 hours or on low for 4-5 hours.
4. To serve, add your favorite chili toppings, such as avocado, cilantro, jalapeño slices, and cashew sour cream.

Ingredients

- 1 medium sweet potato, peeled and chopped
- 1 tablespoon and 1 teaspoon of olive oil, divided
- 1 teaspoon of sea salt, divided
- 1 yellow onion, chopped
- 2 red or orange bell peppers, chopped
- 2 cloves of garlic, minced
- 2 tablespoons of chili powder
- A pinch of cayenne pepper
- A pinch of cinnamon
- 1 can (15 oz) of black beans, drained and rinsed
- 1 can (28 oz) of diced tomatoes
- Toppings: avocado, cilantro, jalapeño slices, and cashew sour cream

Grocery List

Produce

- Sweet potato
- Yellow onion
- Red or orange bell peppers
- Garlic
- Avocado
- Cilantro
- Jalapeño

Canned Goods/Grocery

- Olive oil
- Sea salt
- Chili powder
- Cayenne pepper
- Cinnamon
- Black beans
- Diced tomatoes
- Cashew sour cream