

power chili



INGREDIENTS

4 medium sweet potatoes
 2 medium onions
 4 cups chunky salsa
 2 443ml cans black beans
 4 cups vegetable stock
 2 tbsp. olive oil
 1 tsp. salt
 2 tsp. cumin OR chili powder OR chipotle powder
 2 cups rice

INSTRUCTIONS

1. Peel the sweet potatoes then cut them into approximately 1cm cubes.
2. Chop the onions into approximately 1cm slices.
3. Combine diced onions and olive oil in a large saucepan over medium heat. Add salt, and cook until onions are soft and translucent.
4. Add diced sweet potato and spice of choice. Cook for 3 minutes.
5. Add salsa, water, and vegetable stock and bring combined mixture to a boil.
6. Once boiled, lower to a simmer and add in black beans.
7. Cover the pot and cook for 20-25 minutes or until sweet potatoes have softened and mixture has thickened.
8. While chili is cooking, add rice and 4 cups water to a saucepan. Bring to a gentle boil and turn to the lowest setting, stirring occasionally (until stated on package).
8. This delicious chili only gets better overnight, and is fantastic for leftovers.
9. Serve over rice.



enjoy