

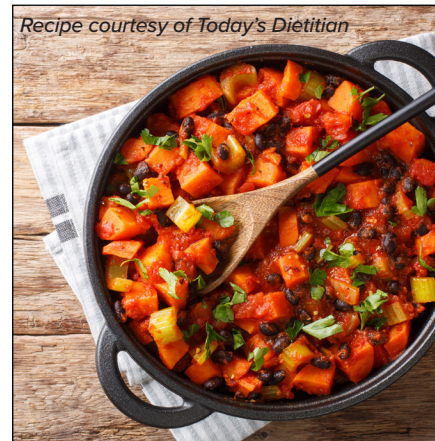
SWEET POTATO CHILI

INGREDIENTS

- 2 tsp canola oil
- ½ lb ground lean beef
- 1 cup diced onion
- 1 cup diagonally sliced carrots
- 1 cup diced celery
- 1 (15.5-oz) can small red beans, rinsed, and drained
- 3 cups (½-inch) diced peeled sweet potato
- 2 (14.5-oz) cans diced tomatoes, undrained
- 3 cups water
- 1 T chili powder, or to taste
- 1 T tomato paste
- 1 tsp roasted ground cumin
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Heat oil in large pot over medium-high heat.
2. Crumble beef into pot; cook, stirring to break up pieces, until browned. Drain off fat. Add onion, carrots and celery. Cook 6 minutes, mixing occasionally.
3. Add beans, sweet potato, tomatoes, water, chili powder, tomato paste, cumin, oregano, salt and pepper; mix to combine. Bring to a simmer; reduce heat, and simmer for 30 minutes or until potato is tender. Stir occasionally.
4. Serve, garnished with reduced-fat cheddar cheese and chopped fresh cilantro, if desired.



Serves: 6

Nutrition Information: Calories: 261; Total fat: 4g; Saturated fat: 1g; Cholesterol: 23mg; Sodium: 433mg; Carbohydrates: 39g; Fiber: 11g; Protein: 16g.