

Vegetarian Chili with Sweet Potato

Servings: 4-6

INGREDIENTS

Amount	Item
1 tbsp	Vegetable stock
2-ounce	Fresh Sweet Potatoes
1/8 cup	Black Beans
1/8 cup	Red Kidney Beans
1 tbsp	Tomato sauce
2 tbsp	Onions
1/4 tsp	Granulated Garlic
1/4 tsp	Cumin
1/2 tsp	Chili Powder
1/8 cup	Diced Tomatoes
1/8 tsp	Kosher salt
1/4 tsp	Lime juice

METHOD

- 1- Peel and cut sweet potatoes into dice (about 1 inch).
 - 2- Sweat the onions and diced sweet potatoes in a skillet over low heat just until the onions begin soften.
 - 4- Add the chili powder, garlic, cumin and broth and allow it to slightly reduce.
 - 5- Add beans, diced tomatoes and tomato sauce and stir. Gently simmer (stirring frequently) until the chili is slightly thickened and the sweet potatoes are tender (approximately 20 - 30 minutes).
 - 6- Season with salt and lemon juice. Serve or hot hold for service.
- Portion Size = 1 cup (8 oz. ladle)

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