



## INGREDIENTS

- 1 medium onion, chopped
- 2 medium red peppers, chopped
- 2 large cloves of garlic, minced
- 1 pound boneless skinless chicken, chopped
- 15 oz cannellini beans\*
- 1 cup chicken stock
- 2 cups cold water
- 3 large or 4 medium sweet potatoes, peeled and diced
- 2 teaspoons cumin
- 1 Tablespoon chili powder
- pinch red pepper flakes
- 1 jalapeno, minced or 6oz can diced green chilies

# Spicy Sweet Potato Chili

*\*You can use dried or canned beans for this dish. If using canned, drain and rinse them. If using dried, soak, rinse and cook them until partially tender before adding.*

In a large pot, heat 1 Tablespoon olive oil over medium heat and saute the onion, red pepper and garlic until slightly tender.

Add the chicken and saute until opaque. Add the beans, stock, water, potatoes, jalapeno and spices. Bring the mixture to a boil then reduce the heat and simmer uncovered for about 30 minutes or until the potatoes are tender.

I enjoy this dish topped with sour cream, fresh scallions, a little cheddar cheese and when I have it on hand, some crumbled bacon — all of which alone or together work really well with the flavor of the chili.

Serve it up with some maple pecan muffins or whole wheat cornbread and you have a hearty dish that'll warm you up through the winter months ahead!

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UNIQUELY YOU