

# *Sweet Potato Spiced Chili*

## *Ingredients*

### **The Chili:**

1/2 tsp Olive Oil  
1 medium onion, chopped  
4 garlic cloves, minced  
1 red hot chili, minced  
1 Tbsp ground cumin  
1/2 Tbsp dried oregano  
1 Tbsp chili powder  
1/2 tsp salt  
1/4 tsp ground black pepper  
4 cups water  
3 medium tomatoes, chopped  
1 medium sweet potato, cut into 1cm cubes  
1 can black beans  
1 can red kidney beans  
1 can whole kernel corn

### **The Toppings:**

Avocado, chopped  
Plain Greek yogurt  
Fresh cilantro  
Lime, cut into wedges

## *Directions*

1. Heat a large pot on medium high heat with oil.
2. Add the onion, garlic, and chili pepper, and cook for 3-5 minute, or until lightly golden. Add splashes of water as needed to de-glaze the pan.
3. Add the spices to the pot and stir continuously for 30-60 seconds to toast the spices.
4. Add the water, tomatoes, and sweet potatoes. Cover, and bring to a boil, then reduce to a simmer, and let simmer for 10 minutes.
5. To the pot, add the beans and corn, cover again, and allow to simmer for an additional 10 minutes, stirring occasionally.
6. Serve the chili while hot, add toppings, squeeze over some fresh lime juice, and enjoy!

