

# EASY PEASY BLACK BEAN CHILI

## INGREDIENTS (YIELDS 6 SERVINGS)

- 1 medium yellow or white onion (diced)
- 1 Tbsp oil (olive or canola)
- Salt and pepper
- 3 medium sweet potatoes (scrubbed clean + chopped into bite sized pieces)
- 1 16-ounce jar salsa (chunky is best)
- 1 15-ounce can black beans (slightly drained)
- 2 cups vegetable stock
- 2 cups water

## OPTIONAL SPICES

- 1 Tbsp chili powder
- 2 tsp ground cumin
- 1/2 tsp chipotle powder

## OPTIONAL TOPPINGS

- Fresh cilantro
- Chopped red onion
- Avocado
- Lime juice
- Shredded cheese
- Chicken, turkey or tofu

## DIRECTIONS

1. In a large pot over medium heat, sweat onions in 1 Tbsp oil and season with a healthy pinch of salt and pepper. Stir and continue cooking on medium heat until translucent and soft.
2. Add sweet potato and any desired spices at this time. Cook for 3 minutes. Then add salsa, water, and vegetable stock.
3. Bring mixture to a low boil on medium high heat and then lower heat to medium-low and simmer. Add black beans, cover and cook for at least 20 minutes more, preferably 30 - or until the sweet potatoes are fork tender and the soup is thickened.
4. Serve with optional fresh cilantro, onion, shredded cheese, cooked chicken or turkey, tofu, avocado, and/or lime juice.

Adapted from [minimalistbaker.com](http://minimalistbaker.com)



## A Fiber-Rich Meal!

### Fiber:

- Increases satiety (helps us feel fuller for longer).
- Improves our bowel habits.
- Supports digestive health.
- Lowers cholesterol.
- Helps feed the beneficial bacteria in our gut.
- Decreases spikes in blood sugar.

