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.

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.

Adapted from minimalistbaker.com