



## SAVORY SWEET POTATO CHILI

Sweet potatoes are jam-packed with betacarotene, manganese and vitamins A and C. They are known to have enough antioxidants to remove heavy metals from our system! This chili is super satisfying for a meal with enough spice to liven up your day!

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 80 minutes

### INGREDIENTS

2 large unpeeled sweet potatoes, medium diced

2 cups black beans, cooked and rinsed

2 cups onion, medium diced

4 poblano peppers, seeded and diced

1 jalapeno, small diced (optional)

¼ cup chili powder

4 garlic cloves, minced

1 cup kale, chopped

½ cup pepitas

¼ cup sunflower oil

2 TBS cumin powder

2 TBS salt (or to taste)

¼ cup agave syrup

4 cups water

### INSTRUCTIONS

Heat oil in a large stock pot, add potatoes, peppers, onions, garlic and sauté until onions are tender. Add remaining ingredients and simmer for 1 hour. Season to taste and serve!

