Sweet Potato and Black Bean Chili
Crock Pot Cooking – March 2014

Ingredients:
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 4 garlic cloves, chopped
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 2 teaspoons unsweetened cocoa powder
- ¼ teaspoon ground cinnamon
- Salt and black pepper
- 2 (15 oz) cans diced tomatoes
- 1 (15 oz) can black beans, rinsed
- 1 (15 oz) can kidney beans, rinsed
- 2 medium sweet potatoes, peeled and cut into ½ inch pieces

Directions:
1. In a large saucepan, heat 1 tablespoon olive oil and add chopped onion and pepper. Sauté until mostly soft, about 5 minutes. Add garlic and sauté for an additional minute.
2. Transfer peppers and onions to slow cooker. Add chili powder, cumin, cocoa powder, and cinnamon. Season with salt and pepper. Add cans of tomatoes (with their liquid) and beans, followed by the sweet potatoes.
3. Cover and cook on low for 7-8 hours or on high for 4-5 hours, until sweet potatoes are tender and chili is thick.