

Chili over Sweet Potatoes

Prep: 15 min

Cook: 30 min

Yield 4 Servings

Ingredients:

4 medium sweet potatoes
1 medium green pepper, chopped (1 cup)
1 medium onion, chopped (1 cup)
1 garlic clove, minced
½ tablespoon chili powder
1 teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon salt
⅛ teaspoon pepper
1 ½ teaspoons olive oil
1 can (14 oz) diced tomatoes, undrained
1 can black beans, rinsed and drained
½ cup frozen corn
½ cup sour cream

Directions:

Preheat oven to 400° F

Scrub sweet potatoes and pierce with a fork.

Bake for 35 – 40 minutes or until fork tender.

In a large nonstick skillet sauté oil, green peppers, onions, garlic and spices for 10 minutes.

Stir in the tomatoes and beans then bring to a boil.

Reduce heat to med-low; simmer, uncovered, for 20 min.

Stir in corn and simmer for 5 more minutes.

Cut sweet potatoes in half and distribute chili evenly.

Add sour cream to the top if desired.