



Sweet Potato and Black Bean Chili



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



318 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 oz black beans drained and rinsed canned
- ☐ 1 tablespoon ancho chili powder
- ☐ 1 teaspoon chipotle sauce
- ☐ 3 garlic clove chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 4 servings salt and pepper
- ☐ 3 tablespoons olive oil

- ☐ 1 onion chopped
- ☐ 0.5 bell pepper red seeded chopped
- ☐ 1 pound sweet potatoes and into cut into 1/2-in. dice (2 small)
- ☐ 2 cups vegetable stock

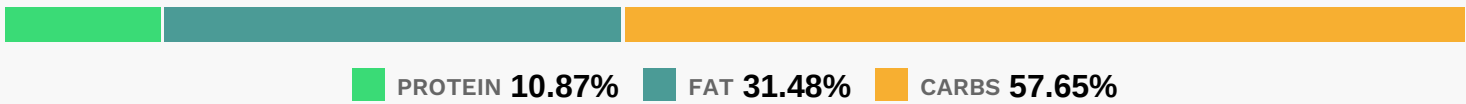
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Heat oil in a medium pot over medium-high heat.
- ☐ Add onion, garlic, bell pepper, and sweet potatoes and cook, stirring, until vegetables soften, about 5 minutes.
- ☐ Add New Mexico and chipotle chile powders, cumin, and coriander and cook until spices are fragrant, about 10 seconds. Stir in beans and broth and partially cover. Reduce heat to medium and cook, stirring occasionally, until sweet potatoes are soft and chili is slightly thickened, about 15 minutes. Season to taste with salt and pepper.
- ☐ Meanwhile, zest orange and lime into a small bowl (you should have about 1 tbsp. orange zest and 2 tsp. lime zest).
- ☐ Add cilantro. Quarter lime. Reserve orange for another use.
- ☐ Ladle chili into 4 bowls. Top with cilantro-zest mixture, avocado, sour cream, crushed chips, and lime wedges.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:12.91, Inflammation Score:-10, Nutrition Score:20.190434870513%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 317.98kcal (15.9%), Fat: 11.48g (17.66%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 34.98g (12.72%), Sugar: 8.22g (9.14%), Cholesterol: 0mg (0%), Sodium: 1144.67mg (49.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.83%), Vitamin A: 17411.04IU (348.22%), Fiber: 12.31g (49.23%), Manganese: 0.68mg (33.89%), Vitamin C: 27.3mg (33.09%), Potassium: 824.04mg (23.54%), Vitamin B6: 0.44mg (22.05%), Folate: 85.77µg (21.44%), Copper: 0.41mg (20.54%), Iron: 3.68mg (20.45%), Vitamin E: 2.84mg (18.91%), Magnesium: 74.73mg (18.68%), Phosphorus: 186.51mg (18.65%), Vitamin B1: 0.26mg (17.52%), Vitamin B2: 0.23mg (13.69%), Vitamin B5: 1.2mg (12.02%), Vitamin K: 11.39µg (10.85%), Calcium: 95.77mg (9.58%), Vitamin B3: 1.71mg (8.56%), Zinc: 1.12mg (7.47%), Selenium: 2.96µg (4.22%)