

Chipotle 3-Bean Chili

Swick

Serves 1 | Active Time: 35 minutes | Total Time: 45 minutes

Chef's Notes

Suggested adult serving: 3½ cups

Store any leftover chili in an airtight container in the refrigerator for up to 3 days.

Step 1: Make the Chili

- 1 1/2 sweet potatoes scrubbed (≈1 1/4 cups mashed)
- 3/4 yellow onion, chopped (≈3/4 cup)
- 3/4 green bell pepper chopped (≈3/4 cup)
- 4 1/2 cloves garlic minced (≈1 1/2 tablespoons)
- 2 1/4 cups low-sodium vegetable broth
- 1 1/2 (15-oz) cans low-sodium fire-roasted diced tomatoes with their juices
- 1 1/2 (15-oz) cans black beans drained & rinsed (≈2 1/4 cups)
- 1 1/2 (15-oz) cans pinto beans drained & rinsed (≈2 1/4 cups)
- 2 1/4 teaspoons chipotle peppers in adobo sauce chopped, plus more to taste
- 1 tablespoon ground cumin
- 6 oz fresh or frozen green beans (≈1 1/2 cups)
- 1/3 cup fresh cilantro chopped (divided)
- 1 1/2 tablespoons fresh lime juice
- sea salt to taste
- freshly ground black pepper

BAKE SWEET POTATOES

Use a fork to poke holes in sweet potatoes in several places. Bake on a baking sheet until tender when pierced with a fork, 45 minutes. When cool enough to handle, peel and mash potatoes.

SAUTÉ ONIONS & PEPPERS

In a stockpot over medium heat, cook onions, bell peppers, and garlic, stirring occasionally, for 2 to 3 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

MAKE CHILI

Add vegetable broth, fire-roasted tomatoes with their juices, black beans, pinto beans, chipotle peppers, and cumin to pot. Increase heat to high, cover, and bring to a boil. Reduce heat to medium-low and simmer for 10 minutes.

Add green beans to pot and cook for 5 minutes.

Add mashed sweet potatoes to pot and mix well (this will thicken the chili). Stir in half of the cilantro and lime juice. Season with salt and pepper to taste.

Sprinkle chili with remaining cilantro and serve.