

Vegan Sweet Potato Chili
(adapted from allrecipes.com)

2 cups low-sodium vegetable broth
½ cup chopped onion
3 cloves garlic, peeled and minced
½ jalapeno pepper, minced
2 sweet potatoes, peeled and cut into 1-inch pieces (3 cups)
2 Tablespoons chili powder
1 Tablespoon cumin
1 ½ teaspoon tomato paste
½ teaspoon smoked paprika
½ teaspoon dried oregano
½ teaspoon crushed red pepper
1 (28-oz) can tomatoes
1 (15-oz) can kidney beans, rinsed and drained

1 (13.5-oz) can coconut milk (optional)

Optional toppings - diced avocado, chopped cilantro, pepitas, sour cream, corn chips, tortillas

One more option - serve over cooked rice.

1. In Dutch oven over medium heat, heat 5 Tablespoons broth. Add onion, jalapeno, and garlic; cook, stirring frequently, until onion is slightly tender, about 5 minutes. Stir in sweet potatoes, chili powder, cumin, tomato paste, paprika, oregano, and crushed red pepper. Pour remaining vegetable broth into pot.
2. Bring to a boil. Reduce heat and simmer until sweet potatoes are tender, 20-25 minutes. Stir in tomatoes and kidney beans; simmer, covered, over low heat until flavors have blended, about 45 minutes.

Note: Coconut milk was not in the original recipe, but the first time I made it, I realized that it had too much heat for me. The coconut milk lowered the Scoville scale, without compromising the flavor.