

# Black bean vegetarian chili

## Ingredients:

- 2 cloves garlic, minced
- 1 small onion, diced
- 2 small sweet potatoes, peeled and chopped
- 2 medium carrots, sliced
- 1/2 red bell pepper, chopped (optional)
- 2 tbsp olive oil
- 1 15 ounce can black beans
- 1 15 ounce can diced tomatoes or tomato sauce
- 1/2 cup vegetable broth
- 1 tbsp chili powder
- 1 tsp cumin
- 1/2 tsp cayenne (or to taste)
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper

## Preparation:

Sautee onions and garlic in olive oil for a minute or two, then add sweet potatoes, carrots and bell pepper until onions are soft, about 5-6 minutes.

Reduce heat to medium low, and add remaining ingredients, stirring to combine well.

Simmer, partially covered and stirring occasionally, for 20-25 minutes, until flavors have mingled and vegetables are cooked.

Makes 5 servings of homemade black bean chili.

## Nutritional information (per serving):

Calories: 427, Calories from Fat: 67

% Daily Value:

Total Fat: 7.5g, 12% / Saturated Fat: 1.2g, 6% Trans Fat: 0g

Cholesterol: 0mg

Sodium: 368mg, 15%

Total Carbohydrates: 72.0g, 24%

Dietary Fiber: 17.3g, 69%

Protein: 21.4g

Vitamin A 289%, Vitamin C 65%, Calcium 15%, Iron 31%