

Sweet Potato and Bean Chili

By Chef Stephen Forman



DIRECTIONS:

1. Preheat oven at 350°F. Place cut sweet potatoes on a greased sheet pan. Bake until slightly soft, about 40 minutes.
2. Place olive oil in a medium saucepan and bring to high heat. Sauté onions and red pepper until caramelized. Add garlic and cook for another 2 minutes.
3. Add spices and sauté for another 2 minutes.
4. Add both beans and stir while seasonings and beans cook together. Add tomato sauce and petite tomatoes to pot. Cook for 45 minutes on low.
5. Add roasted potatoes and continue cooking for another 30 minutes.
6. Remove from heat and enjoy.

INGREDIENTS:

- 3 cans black beans
- 1 can garbanzo beans
- 2 sweet potatoes, peeled and cubed
- 2 red peppers, diced
- 1 onion, diced
- 15 ounce can tomato sauce
- 1 cup petite tomato in sauce
- 5 garlic cloves, minced
- 3 Tbsp. cumin
- 2 Tbsp. paprika and red pepper flakes
- 2 Tbsp. olive oil

Nutrition Facts

10 servings per container	
Serving size	1 1/2 Cup
Amount per serving	
Calories	270
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 45g	16%
Dietary Fiber 16g	57%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 5mg	30%
Potassium 897mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SHOPPING LIST

Week 1: Sweet Potato and Bean Chili

Fruit:

- No fruit this week

Vegetables:

- 2 sweet potatoes- \$0.71 each
- 2 red peppers- \$2.05 each
- 1 sweet onion- \$1.57
- 1 can petite diced tomatoes- \$1.09

Protein:

- 3 cans black beans- \$0.79 each
- 1 can garbanzo beans- \$0.79

Dairy:

- No dairy this week

Grains:

- No grains this week

Herbs, Spices & More:

- 1 head garlic- \$1.04
- 15 ounce can tomato sauce- \$1.89
- cumin, paprika, red pepper flakes
- olive oil, salt and pepper


Healthy Options
Cooking at Home

Grocery cost: \$14.27

Recipe cost: \$13.72

Cost per meal: \$2.28

*prices found at your local Wegmans store