

# SPICY BLACK BEAN AND YAM CHILI

Yield: 11 Servings (1 cup per serving)



**TOTAL TIME:** 40 minutes

## INGREDIENTS

- 1 Tbsp. Wegmans Basting Oil
- 2 pkgs. (7 oz. each) Food You Feel Good About Diced Green Peppers & Onions
- 1 dry chipotle pepper, coarsely chopped
- 2 cups Food You Feel Good About Vegetable Culinary Stock
- 3 cans (15.5 oz. each) Food You Feel Good About Black Beans, undrained
- 1 can (14.5 oz.) Food You Feel Good About Diced Tomatoes with Roasted Garlic & Onion
- 1 medium yam or sweet potato (about ½ lb.), peeled, diced ½-inch
- 2 Tbsp. Italian Classics Chianti Red Wine Vinegar
- 1 clove Food You Feel Good About Peeled Garlic, chopped
- 1 Tbsp. Wegmans Hot Cocoa Mix
- 2 Tbsp. Wegmans Pure Honey
- 1½ tsp. chili powder
- ½ tsp. cumin
- ⅛ tsp. ground cinnamon
- Salt and pepper to taste

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## PREPARATION

1. Heat basting oil in medium stockpot on medium-high. Add peppers & onions and chipotle pepper. Cook, stirring, 3–4 min until soft, but not browned. Add stock, beans and liquid, tomatoes, yam, vinegar, garlic, cocoa powder, honey, chili powder, cumin, and cinnamon.
2. Bring to a boil. Reduce heat and simmer on low, uncovered, 25–30 min. Season to taste with salt and pepper.

## NUTRITION

**Per serving:** Calories: 190; Fat: 5 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 35 g; Protein: 8 g; Fiber: 8 g; Sodium: 750 mg.

Recipe courtesy of Wegmans