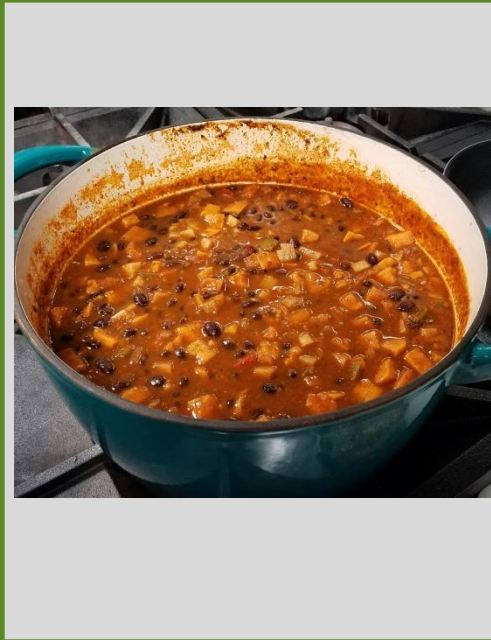


Recipes makes: 4 Servings (1 ½ c. each)



Ingredients-

- ♥ ½ Spanish Onion, diced
- ♥ 1 Large Bell Pepper, diced
- ♥ 5 Cloves Garlic, minced
- ♥ 2 Parsnips, cubed
- ♥ 2 Chipotle Peppers in Adobo, minced
- ♥ 1 Medium Sweet Potato, cubed
- ♥ 1 Cup **D'Avolio Black Beans (boiled, no salt)**
- ♥ ¼ Cup Tomato Puree
- ♥ 3 Cups Low Sodium Vegetable Broth
- ♥ 2 Tbsp **D'Avolio Herbs de Province Olive Oil**
- ♥ 2 Tbsp Cilantro, chopped
- ♥ 1 Tbsp Onion Powder
- ♥ 1 Tbsp Paprika
- ♥ 2 tsp Cumin
- ♥ Salt and Pepper to taste (½ tsp salt MAX)

PREPARATION:

1. Add olive oil to a medium size pot and place over medium heat.
2. Add onions, peppers, and garlic. Sautee until golden brown. If vegetables are cooking too fast, reduce heat.
3. Vegetables will begin to caramelize. Continue to cook vegetables until very tender and dark brown. This is the FLAVOR!
4. Add chipotle peppers and tomato paste. Keep heat low, and continue to stir chipotle and paste into vegetables.
5. While these are cooking slow, place sweet potatoes and parsnips on a small sheet pan and bake in a 350 degree oven.
6. Cook potatoes and parsnips al dente, but do not over-cook. You want a little bite to potatoes as they will be added to chili later.
7. Return to your vegetables and add your seasonings. Stir seasoning into vegetables to ensure full incorporation.
8. Add your vegetable broth, and turn heat back up to medium to bring chili to a small boil. Let broth reduce into vegetables.
9. Add black beans and continue to cook chili. Season to taste with salt and pepper.
10. Add sweet potatoes and parsnips and cook chili until temperature reaches 165 degrees.

Nutrition Facts			
Serving Size: 1 1/2 Cups			
Servings: 4			
Amount Per Serving		Calories from Fat 70	
Calories	250		
% Daily Value*			
Total Fat	8g		12%
Saturated Fat	1g		6%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	500mg		21%
Total Carbohydrate	42g		14%
Dietary Fiber	10g		40%
Sugars	10g		
Protein	7g		
Vitamin A	110%	•	Vitamin C 80%
Calcium	10%	•	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g