

Hearty And Healthy California Sweet Potato Chili

(NAPS)—Here's a new take on an old favorite. Loaded with fiber, vitamins and minerals, it's easy to make. Serve with an array of garnishes, allowing diners to customize their bowls.

California Sweet Potato Chili

Serves 6

- 2 T oil
- 1 lb ground beef, turkey, chicken or pork
- Salt and pepper
- 1 onion, diced
- 1 red bell pepper, diced
- 3 cloves garlic, minced



There's always a good reason to indulge in this utterly delicious, year-round comfort food.

- 2 T chili powder
- 1 T smoked paprika
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp dried oregano
- ¼ tsp ground cayenne pepper
- ¼ tsp ground cinnamon
- 2 14.5-oz cans diced tomatoes
- 2 c low-sodium chicken or vegetable broth
- 2 15-oz cans kidney or pinto beans (with their juices)
- 1½ lb orange- or yellow-fleshed sweet potatoes, or a combination, diced

In large saucepan or small stockpot over medium-high, warm 1 T oil. Add meat and cook until brown. Add salt and pepper, transfer to bowl, set aside. Return to medium-high. Add 1 T oil. Add onion and bell pepper, cook until crisp-tender, 2 minutes. Add garlic, spices, and 1 tsp salt and cook, stirring, 1 minute. Add remaining ingredients. Bring to a boil. Reduce heat. Simmer until sweet potatoes are tender, 25 to 30 minutes.

Learn more at www.casweetpotatoes.com.

Editor's Note: This story can be useful to anyone and of particular interest to readers in the states of California, Arizona, Oregon, Washington, Nevada, Utah and Idaho.