

Sweet Potato



One medium-sized, baked sweet potato provides a total of 103 calories, 24 grams of carbohydrates, 3.8 grams of fiber and 7.39 grams of sugar. It also provides 2.29 grams of protein, less than 1 gram of total fat and 41 milligrams of sodium. Sweet potato is a rich source of vitamin A, along with vitamins B-6, C, E, K, thiamin, riboflavin, niacin, folate and pantothenic acid, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, manganese and selenium.

Sweet Potato Chili

Serves 10-12

Ingredients

4 carrots, diced	1 sweet potato, peeled and diced
1 tablespoon olive or vegetable oil	1/2 large onion, cut into small dice
1 bell pepper, seeded and diced	2 cloves garlic, minced
1/2 tablespoon chili powder	1/2 tablespoon ground cumin
1/4 teaspoon salt	1/8 teaspoon freshly ground black pepper
2 (15-ounce) cans tomato purée	2 (15-ounce) cans petite diced tomatoes
2 (15-ounce) cans black beans, drained and rinsed	
2 (15-ounce) cans cannellini or other white beans, drained and rinsed	

Directions

1. Bring a medium pot of water to a boil. Add half the carrots and potato and boil until soft, about 10 minutes. Mash the carrots and potato by hand or purée them in a blender.
2. In a large stockpot, over moderate heat, warm the olive or vegetable oil. Add the onion, bell pepper, garlic, and the remaining carrots and sweet potato and sauté until soft, about 5 minutes. Add the chili powder, cumin, chipotle pepper, salt, and pepper and cook for 3 minutes. Add the tomato purée and tomatoes, as well as the sweet potato and carrot purée and stir well to combine. Add the black and cannellini beans and simmer, stirring occasionally, for 30 minutes.