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Black Bean Sweet Potato Chili (serves 6)

FLT (per serving): 1 category 2 vegetable, unlimited category 1 vegetables, 1 legume
269 calories, 6 g fat, 10 g protein, 45 g carbohydrate, 11 g fiber

2 medium-large sweet potatoes or yams
2 tbsp olive oil
1 cup chopped onion
2-3 garlic cloves
1 medium red bell pepper, diced
2 15-oz cans black beans, drained and rinsed
1 28-oz can diced tomatoes, undrained
1-2 small fresh hot chilies, minced or 1 4-oz can chopped mild green chilies
2 tsp ground cumin ½ tsp dried oregano
Salt to taste
Fresh cilantro for garnish (optional)

1. Bake sweet potatoes at 350°F until slightly firm, but not soft.
2. When cool, peel and dice into ¾ inch cubes. Set aside.
3. Heat oil in soup pot or Dutch oven.
4. Add garlic and onion and sauté over medium heat until golden brown.
5. Add remaining ingredients and heat.
6. Cover and simmer for 15 minutes.
7. Add diced sweet potatoes and continue to simmer until vegetables are tender, 10-15 minutes. Add salt to taste.
8. Taste improves if allowed to stand for 1-2 hours before serving.
9. Reheat and serve with chopped cilantro for garnish.