

# Our State eats

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## Sweet Potato & Black Bean Chili

Yield: 6 servings.

- 3 tablespoons olive oil
- 1 large sweet onion, chopped
- 2 sweet potatoes, peeled and cubed
- 1 pound lean ground beef
- 1 teaspoon salt
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 tablespoon ground chipotle pepper
- 1 (15-ounce) can diced tomatoes
- 2 tablespoons tomato paste
- 2 tablespoons molasses
- 2 cups chicken stock
- 1 (15-ounce) can black beans, drained and rinsed
- ½ teaspoon cayenne pepper
- Sour cream (optional, for garnish)
- Green onion, chopped (optional, for garnish)

Heat olive oil in a heavy stockpot or Dutch oven. Add onions and sweet potatoes, and sauté until onions are translucent. Remove from pan and set aside.

Add ground beef to pan and cook until browned. Add salt, chili powder, cumin, and ground chipotle pepper. Stir in diced tomatoes, tomato paste, molasses, and chicken stock, and cook, uncovered, on medium heat for 10 minutes.

Add beans, sweet potatoes, onions, and cayenne pepper. Simmer 10 more minutes. Serve with sour cream and green onion as garnish.



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