

Chipotle 3-Bean Chili

Swick

Serves 1 | Active Time: 35 minutes | Total Time: 45 minutes

Chef's Notes

Suggested adult serving: 3½ cups

Store any leftover chili in an airtight container in the refrigerator for up to 3 days.

Step 1: Make the Chili

- 1 1/2 sweet potatoes scrubbed (≈1 1/4 cups mashed)
 - 3/4 yellow onion, chopped (≈3/4 cup)
 - 3/4 green bell pepper chopped (≈3/4 cup)
 - 4 1/2 cloves garlic minced (≈1 1/2 tablespoons)
 - 2 1/4 cups low-sodium vegetable broth
 - 1 1/2 (15-oz) cans low-sodium fire-roasted diced tomatoes with their juices
 - 1 1/2 (15-oz) cans black beans drained & rinsed (≈2 1/4 cups)
 - 1 1/2 (15-oz) cans pinto beans drained & rinsed (≈2 1/4 cups)
 - 2 1/4 teaspoons chipotle peppers in adobo sauce chopped, plus more to taste
 - 1 tablespoon ground cumin
 - 6 oz fresh or frozen green beans (≈1 1/2 cups)
 - 1/3 cup fresh cilantro chopped (divided)
 - 1 1/2 tablespoons fresh lime juice
 - sea salt to taste
 - freshly ground black pepper
- BAKE SWEET POTATOES**
Use a fork to poke holes in sweet potatoes in several places. Bake on a baking sheet until tender when pierced with a fork, 45 minutes. When cool enough to handle, peel and mash potatoes.
- SAUTÉ ONIONS & PEPPERS**
In a stockpot over medium heat, cook onions, bell peppers, and garlic, stirring occasionally, for 2 to 3 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.
- MAKE CHILI**
Add vegetable broth, fire-roasted tomatoes with their juices, black beans, pinto beans, chipotle peppers, and cumin to pot. Increase heat to high, cover, and bring to a boil. Reduce heat to medium-low and simmer for 10 minutes.
- Add green beans to pot and cook for 5 minutes.
- Add mashed sweet potatoes to pot and mix well (this will thicken the chili). Stir in half of the cilantro and lime juice. Season with salt and pepper to taste.
- Sprinkle chili with remaining cilantro and serve.