Louisiana HARVEST of the MONTH

Sweet Potato Chili

Home Recipe

Serves: 8
Prep Time: 15 minutes
Cook Time: 30 minutes

Ingredients

- 2 Tbsp extra-virgin olive oil
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 3 cloves garlic, minced
- 1 Tbsp tomato paste
- 1 lb. ground turkey or beef
- 1 tsp fennel seeds
- 2 tsp Italian seasoning
- 2 tsp cumin
- 1 tsp smoked paprika
- 1 Tbsp chili powder
- 1/2 tsp garlic powder
- 1/4 tsp cayenne
- Kosher salt
- Freshly ground black pepper
- 3 large sweet potatoes, peeled and cubed into 1" pieces
- 3 c. low-sodium chicken broth
- 1 (14.5-oz.) can diced tomatoes
- Freshly chopped parsley, for serving

Cooking Instructions

1) In a large pot over medium heat, heat oil. Add onion and bell pepper and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more, then add tomato paste and stir until well coated.
2) Season the ground turkey with fennel seeds, paprika, chili powder, smoked paprika, garlic powder, onion powder, cayenne pepper, and cumin.
3) Add ground turkey and cook, breaking up meat with a wooden spoon until no longer pink, 7 minutes.
4) Add sweet potatoes, broth, and tomatoes and bring to a boil. Reduce heat and let simmer, covered, until sweet potatoes are tender, about 15 minutes.
5) Garnish with parsley before serving

Nutrition Facts

8 Servings Per Container

Serving Size **1 cup (300g)**

Calories Per Serving **220**

Amount Per Serving	% Daily Value *
Total Fat 9g	11%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 230mg	10%

Amount Per Serving	% Daily Value *
Total Carbohydrates 25g	9%
Dietary Fiber 5g	19%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 14g	

Vitamin D 0.2mcg 2% . Calcium 80mg 6% . Iron 3.3mg 20% . Potassium 820mg 15%

**Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

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