

Sweet Potato Chili

By: Chef Will Coleman | September 7, 2017 | chefwillcoleman.com



Serves 5-8 People | 15 minutes- prep time |

45 minutes- cooking time | 1 hour - total time

What you need:

- 1 pound 93% lean 7% fat ground turkey or beef
- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 cups carrots, grated
- 12 ounces sweet potatoes, diced
- 1 tablespoon garlic, minced
- 29 ounces tomato sauce
- 16 ounces tomatoes, diced (I used canned tomatoes)
- 5 cups low sodium vegetable or beef broth
- 1 tablespoon chili powder
- 2 teaspoons ground cumin

1 tablespoon salt
1 teaspoon ground pepper
1 teaspoon onion powder

How to make it:

Place a large pot on a stove and heat to medium heat.

Pour in the olive oil and allow it to heat up.

Once the oil has come up to heat, go ahead and put your ground meat into the pot. Using the back of a wooden, break up the meat until it resembles small crumbles.

Once the meat is no longer pink, toss in your onions and carrots and saute them for at least 5 minutes.

After sauteing your vegetables, add in your minced garlic and sweet potatoes and cook for another minute or so. Not long, you don't wanna burn your garlic.

Now, add in your tomato sauce, diced tomatoes, vegetable broth, and all of your seasoning and spices.

Cover with a lid, reduce the heat to low and allow to simmer for 45 minutes.

Once finished, ladle the chili into a bowl and top it off with your favorite toppings!