



Sweet Potato Lentil Chili

Ingredients (Serves 6):

Nutritional Information (Serves 6):

Per Serving

- Calories: 306
- Fat: 1.4g
- Saturated Fat: 0.3g
- Calories from Fat: 3.9
- Calcium: 136mg
- Iron: 7.4 mg
- Vitamin C: 31mg
- Beta-Carotene: 5386 mcg
- Vitamin E: 1.8 mg
- Cholesterol: 0mg
- Sodium: 451mg
- Carbohydrates: 58.6g
- Fiber: 15.1g
- Protein: 18.5g
- Sugar: 9.7g

- Splash of water
- 1 3/4 cups onions, diced
- 1 cup celery, diced
- 2-2 1/2 cups orange-fleshed sweet potatoes, peeled and cut in 1 inch cubes
- 3 large cloves garlic, minced
- 1 teaspoon sea salt
- Ground black pepper to taste
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon cumin
- 1/4 teaspoon cinnamon
- 1/2 teaspoon crushed red pepper flakes (or to taste)
- 1 1/4 cups dry red lentils
- 2 1/2 cups water
- 1 -28- ounce can crushed tomatoes
- 1- 14-ounce can black or kidney beans, rinsed
- 1 bay leaf
- 3 tablespoons freshly squeezed lime juice
- Lime wedges (for serving)

Instructions:

Step1:

In a large pot on medium heat, add water, onions, celery, sweet potatoes, garlic, salt, pepper, and spices, and stir through.

Step2:

Cover and cook for 6 to 8 minutes, stirring occasionally; reduce heat if onions are sticking to bottom of the pot. Rinse lentils.

Step3:

Add to pot with water, tomatoes, beans, and bay leaf, and stir to combine. Increase heat to bring to a boil.

Step4:

Reduce heat to low, cover, and simmer for 25 minutes or until sweet potatoes are softened, stirring occasionally. Stir in lime juice and serve portions with lime wedges.

Cooking Note: If you only have whole or diced tomatoes, use a hand blender to crush them. First pour off some liquid from can into pot, then use a hand blender to puree tomatoes directly in the can.

This delicious recipe brought to you by: Eat, Drink and Be Vegan by Dreena Burton of [www. PlantPoweredKitchen.com](http://www.PlantPoweredKitchen.com).

