



Mexican Chili

Ingredients

- 🏠 1 drizzle of oil
- 👑 1 onion, chopped
- 👑 2 cloves of garlic, chopped
- 👑 1 tbsp (15 mL) Mexican chili powder
- 🏠 1 tsp (5 ml) cumin*
- 👑 1 cup (250 ml or 140 g) sweet potato, diced*
- 👑 2 cups (500 ml) canned crushed tomatoes
- 🏠 1 ½ cup (375 ml) water
- 👑 1 can (540 ml) red beans, rinsed and drained
- 👑 1 can (340 ml) corn kernels, drained
- 👑 2 tsp (10 mL) brown sugar
- 🏠 Salt and pepper to taste

YOU WILL NEED

- ★ can opener
- ★ chef's knife
- ★ cutting board
- ★ saucepan (medium)
- ★ set of measuring cups
- ★ set of measuring spoons
- ★ sieve or colander
- ★ peeler
- ★ wooden spoon

SUGGESTED ALTERNATIVES

*CUMIN → spices and herbs of choice (coriander, paprika, oregano, etc.)

*SWEET POTATO → carrots, squash

continuation of the recipe

Preparation

- 1 Heat oil in a saucepan over medium-high heat.
- 2 Add the onion and cook until golden brown. Reduce heat.
- 3 Add the garlic, chili powder, cumin and sweet potatoes. Cook for a few minutes.
- 4 Add the water, tomatoes, beans, corn, brown sugar, salt and pepper. Mix well.
- 5 Simmer for 30 minutes, or until the sweet potatoes are cooked through, stirring occasionally.
- 6 Adjust seasoning to taste and serve with your favorite toppings and a serving suggestion.

BONUS

TOPPINGS

- ★ 1 cup (250ml) grated cheddar cheese
- ★ 1 cup (250 mL) cilantro
- ★ 1 cup (250 mL) plain yogurt or sour cream

SERVING SUGGESTIONS

- ★ Corn chips
- ★ Tortillas
- ★ Rice
- ★ Quinoa

CHEF'S TIP

- ➔ YOU HAVE EXTRA DICED SWEET POTATO? YOU CAN FREEZE THEM FOR A FUTURE RECIPE OR USE THEM IN A VEGETABLE STIR-FRY, A QUICHE, IN MASHED POTATOES, ROASTED IN THE OVEN, ETC. USE YOUR CREATIVITY!