



Sweet Potato Chili over Couscous

This vegetarian entrée tops my list! The spicy chipotle chili powder, smoky tomatoes, and naturally sweet yams over unassuming couscous is fantastic.

Ingredients:

- 1 Tablespoon olive oil
- 1 Onion, chopped
- 1 Red bell pepper, cored and chopped
- 1 Teaspoon minced garlic
- 1 Tablespoon chili powder
- 1 Teaspoon chipotle chili powder
- 1 ½ Pounds Louisiana yams (sweet potatoes), peeled and cut into ½ inch chunks (4 cups)
- 1 (14 ½ oz.) can fire-roasted diced tomatoes
- 2 (15-ounce) can dark red kidney beans, rinsed and drained
- 1 ½ Cups vegetable broth
- 3 Cups cooked couscous

Instructions:

1. In large nonstick pot, heat oil and sauté onion, bell pepper and garlic over medium heat until tender, about 5 minutes. Stir in chili and chipotle powder for 30 seconds. Add sweet potatoes, tomatoes, beans and broth.
2. Bring to boil, reduce heat, and cook about 20-30 minutes or until sweet potatoes are tender. Serve over couscous.

Variations:

Makes 6 (1-cup) servings with ½ cup couscous.

Spicy Advice: Chipotle chili powder has a smoky spicy flavor found in spice section. Fire-roasted tomatoes, also in groceries, have a smoky fiery flavor. Chili powder and diced tomatoes may be substituted to save a trip to the store.

Serving Size: 6

Cook Time: 45 minutes

Credits:

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