

Sweet Potato Chili with Peanuts

Here's a chili with no meat and no beans. This richly satisfying variant uses the mellow flavors and textures of sweet potatoes and carrots as a base. Perfect for autumn, this earthy chili benefits from the addition of roasted peanuts, which soften the acidity of the tomatoes and provide a gentle hint of sweetness in every chunky bite. Serve this chili over long-grain brown rice if you like.

Makes 10 servings

Nutrition per serving: 385 kcals, 15 g total fat (2 g sat fat), 55g carbohydrates, 11 g protein, 8 g dietary fiber, 409 mg sodium.

Ingredients:

2 Tbsp canola oil
1 medium onion, chopped
2 medium carrots, peeled and thinly sliced
1 medium green bell pepper, seeded and chopped
1 medium red bell pepper, seeded and chopped
2 to 4 garlic cloves, minced, to taste
1 ½ to 2 pounds orange-flesh sweet potatoes, peeled and cut into bite-sized chunks (about 4 cups)
1 ½ cups unsalted roasted peanuts
1 can (28 oz) crushed tomatoes in juice
1 can (6 oz) tomato paste
2 cans (4 oz each) diced mild green chiles with liquid
4 to 6 Tbsp chili powder, to taste
1 Tbsp ground cumin, or to taste
1 Tbsp sugar or Splenda
Salt and freshly ground black pepper

Preparation

- In large pot, heat the canola oil over med heat. Add the onion, carrots, and peppers and sauté, stirring occasionally for about 8 minutes until vegetables are golden. Add the garlic and sauté, stirring constantly, for 30 seconds, until fragrant. Stir in the sweet potatoes, peanuts, tomatoes and juice, tomato paste, chiles and their liquid, chili powder, cumin, and sugar.
- Bring to a boil, reduce the heat to low and simmer gently, stirring occasionally, for 15 – 25 minutes, until the sweet potatoes are just tender. Halfway through the cooking process, adjust the seasonings, adding more chili powder and cumin if desired. Season to taste with salt and pepper and serve.