

## Sweet Potato, Mushroom and Black Bean Chili

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### Ingredients:

#### The Beans:

- ½ lb dried black beans, rinsed and soaked 4-6 hours or overnight (or canned beans)
- 3 cloves garlic, smashed
- 2 bay leaves

#### The Chili:

- 2 tbs olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2 jalapeno peppers, minced
- 2 red bell peppers, medium dice
- 1 pound mixed chopped mushrooms (oyster, criminal, portabella)
- 1 tbs ancho chili powder
- 1 tsp sweet paprika
- 1½ tsp. ground cumin
- 1½ tsp. dried oregano
- ¼ tsp cinnamon
- 1 tsp kosher salt, to taste
- ½ tsp freshly ground black pepper, plus more to taste
- 1 (28-ounce) can whole tomatoes, chopped, with half of the can's liquid
- 1 lb. sweet potatoes, peeled and cut into ¾-inch dice
- Cooked black beans (from above)
- 1 (14.5-ounce) can pinto beans

**For Garnish:** chopped green and red onions, sour cream and shredded cheddar cheese

### Directions:

- **For the beans:** Pour the beans plus their soaking liquid into a stockpot; add additional water to cover by 1-2 inches. Add the smashed garlic and bay leaves; bring to a boil. Lower heat and simmer for about 1 hour, until the beans have softened but aren't fully cooked through. (They'll continue to cook in the chili.) Remove the garlic and bay leaves and discard.
- (Canned beans will cut down significantly on the cooking time. Use about three 14.5-ounce cans, saving one can's worth of the bean liquid, and draining and rinsing the other two. When you add the beans and bean liquid, also add about 2 cups of vegetable broth.)
- **For the chili:** Heat the oil in a large Dutch oven or stockpot over medium heat. Add onion and garlic and sauté for about 5 minutes, until onion has softened slightly. Add jalapeno and red peppers, and cook for another 3-5 minutes.
- Add mushrooms, and sauté until mushrooms have softened and released some of their juices, another 5 minutes.
- Add the chili powder through the black pepper, and stir until the seasonings are incorporated into the mixture. Add the tomatoes and liquid, sweet potatoes and cooked black beans plus 3 cups bean cooking liquid (add vegetable broth or water if you don't have enough). Stir well to combine and simmer over medium-low heat for about 1½ hours, until sweet potatoes have softened but still retain their shape, liquid has thickened, and beans are fully cooked.
- Add pinto beans plus their cooking liquid in the last 30 minutes of cooking. Season to taste with salt and pepper.
- Serve with onions, sour cream and shredded cheese.

**Yield:** 8 servings

**Nutritional Information:** Per serving: 262 calories, 14 grams protein, 43 grams carbohydrate, 5 grams fat (1 gram saturated), 0 cholesterol, 537 milligrams sodium, 13 grams fiber.

Recipe Source: Kansas City Star, January 27, 2009

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.