

# Featured Vegetable



## **SWEET POTATO**

An excellent source of vitamin A, which is good for healthy eyes and skin. Also rich in Vitamin C, Fiber, and Potassium.

### Black Bean and Sweet Potato Chili

Ingredients	Directions
<ul style="list-style-type: none"><li>● 2 cans black beans</li><li>● 1 onion</li><li>● 5 cloves garlic</li><li>● 1 red bell pepper</li><li>● 1 28 oz. Can crushed tomato</li><li>● 2 sweet potatoes</li><li>● 1 teaspoon cumin</li><li>● 1 tablespoon chili powder</li><li>● 1/2 teaspoon garlic powder</li><li>● 1/2 teaspoon salt</li><li>● 1 teaspoon cocoa powder</li><li>● 1 teaspoon olive oil</li></ul>	<ul style="list-style-type: none"><li>● Wash hands, wash everything</li><li>● Measure and mix all dry ingredients ahead of time, set aside.</li><li>● Dice onions and garlic, saute in olive oil in a large pot for about five minutes or until soft.</li><li>● Add all of the other ingredients.</li><li>● Add 1 cup of water and bring to a boil. Reduce heat and simmer for at least 30 minutes.</li></ul>