

## SWEET POTATO CHILI

A Family Favorite

### Ingredients

- 2 Sweet Potatoes, Peeled and Chopped to bite size
- 1 lb ground beef
- 2 Tbsp Minced Garlic
- 1 Diced Purple Onion
- 2 Red Bell Peppers
- 2 Cans Black Beans
- 2 Cans Diced Tomatoes
- 5 Cans Beef Consume
- 2 Tbsp Chili Powder
- 1 Tbsp Smoked Paprika
- 1/4 Cup Brown Sugar
- 2 Tbsp Olive Oil
- 1/2 Cup Water

Salt & Pepper or Tabasco to Taste

### Garnish

- Shredded Cheddar Cheese
- Corn Chips/Fritos
- Diced Green Onion
- Sour Cream



### INSTRUCTIONS:

In a stock pot, over medium heat, add olive oil, garlic, onion and red bell pepper. Sautee until lightly browned and limp. Add diced sweet potato to brown. You want it to start to soften on the outside. Once everything is browned, add in chili powder and paprika to make a chili base. Stir until the mixture becomes very dry. (Almost like a roux.) Then add in beef stock, diced tomatoes and drained black beans. Bring to a slow simmer. In a separate skillet, (yes, I hate it, but if you don't, your chili will be greasy), brown the hamburger meat. Once browned, drain and add to simmering chili. Add in the brown sugar and let simmer for 45 minutes to 1 hour.

At this point you can add any seasoning if you want a kick: tabasco, more chili powder or Tony's. I also add water or more stock if it has gotten too thick. This is where you can make it to fit your family's taste.

Garnish is important. It makes even the frugal feel fancy. Top your chili with cheese, chips, sour cream, green onions and a sprinkle of smoked paprika. Smoked Paprika is so fantastic with the creamy cheese and sour cream. Serves well with Jalapeno cornbread and a cold beer.