

Black Bean and Sweet Potato Chile with Chipotles

With the bright color from the sweet potatoes and black beans and the smokiness of the chipotles and fire roasted tomatoes, this is a healthy and flavorful change from the standard. Adjust the spice by adding more or less of the adobo sauce from the chipotles. If you can't find fire roasted tomatoes, regular will do.

Serves 8

1 1/2 pounds grassfed ground beef or bison
2 teaspoons olive oil (optional)
1 medium onion, minced
3 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon ground cumin
3 cups black beans, cooked and rinsed (or two 14 1/2 ounce cans, rinsed)
1 28 ounce can fire roasted, crushed tomatoes
3 chipotles in adobo, chopped
1 tablespoon adobo sauce
2 pounds sweet potatoes or yams, peeled and cubed
salt and pepper to taste

In a heavy pot or Dutch oven, brown the ground meat. Use a little olive oil if the meat is very lean. When the meat is almost brown, add the onions and garlic and cook until the onions are soft, about five minutes, stirring frequently. Add salt, pepper, and cumin as the onions cook.

When the meat is brown and the onions are soft and translucent, add the beans, tomatoes, chipotles and adobo sauce. Adjust the spiciness by using more or less adobo. If you prefer it very spicy, add more chipotles. Stir in the sweet potato cubes and add enough water just to cover.

Bring to a boil over high heat, then cover and reduce heat to simmer. Cook for 20 to 30 minutes until the sweet potatoes are soft. Adjust the salt and pepper to taste.

Serve with a dollop of sour cream or your favorite grated cheese.