



Vegetarian Chili

Ingredients (Serves 12 people)

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- 2 tablespoons extra-virgin olive oil
- 2 medium white onions, diced medium
- 3 garlic cloves, roughly chopped
- 1 1/2 teaspoons ground cumin
- Sea salt and ground pepper
- 4 purple potatoes or sweet potatoes, cut into 1/2-inch diced
- 4 cans of black beans, rinsed and drained
- 1 batch of cilantro
- 1 avocado
- 1 jalapeño
- 1 teaspoon of coconut sugar

Directions

1. In a large pot, heat oil over medium-high.
2. Add onion and garlic; cook, stirring frequently, until onion is translucent and garlic is soft, about 4 minutes.
3. Add jalapeño, coconut sugar, season with salt and pepper, and cook until spices are fragrant, 1 minute.
4. Stir in black beans, add 2 cups water and bring mixture to a boil. Reduce to medium/low simmer and let it cook.
5. Roast the diced potatoes or sweet potatoes for 45 minutes in the oven. Then when the sweet potatoes are done and a bit crispy on the sides add them into the mix, you might need to add water if the beans dried up and mix the sweet potatoes in for a about 10 mins covered. You can smash the sweet potatoes a bit in the mix to make it more meaty.
6. Season with avocado, cilantro, salt and pepper. Enjoy!