

## SWEET POTATO & QUINOA CHILI

Meals that can easily fit into your meal rotation are what I really love to share. As we can get a bit bored with the usual meals, it's nice to have more easy options that come together in a cinch. I love finding these simple dishes that truly work and can be made over and over again. That is what I share with you today. Nothing complicated in this recipe, everything is probably in your kitchen right now or you can find right away at your favorite grocery store. Eating vegan meals every day that are healthy and tasty is really easy once you get the hang of it. This chili has plenty of protein and essential fiber, vitamins and minerals while being flavorful and satisfying. I know you're going to love this one and find yourself making it often during the chili weather season. This lovely chili is a one pot meal that is ready in under an hour. Leftovers hold up extremely well too! Bring on the chili...

### SWEET POTATO & QUINOA CHILI

Ingredients (serves 6)

- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) fire roasted diced tomatoes or 1 1/2 cup diced fresh tomatoes
- 1 can (6 oz) tomato paste
- 1 large sweet potato, diced (with or without the skin...I leave the skin on)
- 1 cup dry quinoa
- 1 onion, diced
- 5 – 6 garlic cloves, minced
- 1 tablespoon olive oil
- 1 1/2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon dried oregano
- a few dashes of garlic powder
- a few dashes of onion powder
- himalayan salt to taste
- 4 cups (32 oz) water or vegetable broth, + more as needed
- avocado, cilantro and/or diced onion, for garnish (optional)

In large pot or dutch oven, heat oil over medium heat. Add onions, cook until soft and they start to turn brown (about 7 – 10 minutes). Add garlic, cook for another minute or so. Add the tomato paste, chili powder, cumin, oregano, garlic powder and onion powder, cook for 2 more minutes stirring constantly. Add tomatoes, liquids, beans and sweet potato, stir until combined. Add quinoa, bring to a boil, reduce heat, cover slightly ajar and cook for 30 – 40 minutes, stirring occasionally. Chili is ready when sweet potatoes are tender. Add additional water if chili is too thick for your liking.

Serve with optional garnishes. You may also like to top it with this easy [Cilantro Lime Cashew 'Sour Cream'](#).

**Notes:**

As with all recipes, adjust seasoning to taste. Add a 1/2 teaspoon or so chipotle powder for some added heat. Also, use whatever beans you prefer. You may even like to use one kind of bean instead of two.

Easy and delicious...Enjoy!Adapted from this recipe at [Milk Free Mom](#)