



Sweet Potato and Veggie Chili

Recipe By HALEY HAYNES

SERVES: 4-6

INGREDIENTS:

- ☐ 2 tbsp. Laura Lynn olive oil
- ☐ ½ onion, *chopped*
- ☐ 1 green pepper, *chopped*
- ☐ 1 apple, *chopped*
- ☐ 2 sweet potatoes, *peeled and diced*
- ☐ garlic, *to taste*
- ☐ 2 jalapeños, *chopped*
- ☐ 1 (15.5 oz.) can Laura Lynn black beans
- ☐ 1 (15.5 oz.) can Laura Lynn garbanzo beans
- ☐ 1 (14.5 oz.) can Laura Lynn diced tomatoes
- ☐ 1 (13.5 oz.) can Laura Lynn coconut milk
- ☐ 2 cups Laura Lynn vegetable broth
- ☐ 1 packet Laura Lynn chili seasoning mix

GARNISHES (OPTIONAL):

- ☐ Greek yogurt
- ☐ fresh cilantro
- ☐ green onions or chives, *sliced*
- ☐ apples, *chopped*

DIRECTIONS:

- ☐ 1. Heat olive oil in a Dutch oven, over medium heat, and then add your onion, green pepper, and jalapeños, sautéing until translucent (about 7 minutes)*
- ☐ 2. Add apples, sweet potatoes, garlic, and the Laura Lynn seasoning packet. Make sure to give the ingredients a good stir to combine.
- ☐ 3. Add black beans, garbanzo beans, diced tomatoes, coconut milk, and vegetable broth - stir. Bring to a boil for about 5 minutes and then reduce to a simmer for at least 45 minutes before serving.
- ☐ 4. Serve this hearty dish up with a dollop of Greek yogurt (in place of sour cream) and garnish with fresh cilantro, green onions, apples and/ or chives.

Serve with fresh corn muffins from the Ingles bakery!

**Need meat in your chili? Add it to the pot in step 1 and allow to fully cook before moving to step 2.*

Did you make this recipe?

Tag your picture (@inglesmarkets) and you might win a prize!