

# SWEET POTATO & TURKEY CHILI

with Chickpeas, Black Beans and Taco Seasonings

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## INGREDIENTS

Prep Time: 45 Minutes

Servings: 6-8

2 tablespoons Olive Oil, divided  
3 tablespoons Taco Seasoning, divided  
2 tablespoons Chili Powder, divided  
3 cloves Garlic, minced, divided  
3/4 teaspoon Cinnamon  
1 pound Ground Turkey\*  
1 onion, chopped  
2 large Sweet Potatoes, chopped  
2 cups Water  
2 cups Chicken or Vegetable Stock  
1 can Black Beans  
1 can Chickpeas (aka Garbanzo Beans)  
Salt and Pepper, to taste  
Sour Cream, for serving  
Avocado, for serving

\*Try lentils instead of ground turkey for a vegetarian option

## DIRECTIONS

- 1. Cook the turkey:** Over medium heat, add 1 tablespoon of the oil in a large gumbo or deep stock pot. Once hot, add in the turkey, onion, 1 tablespoon of the taco seasoning, 1 tablespoon of the chili powder and 1 clove of garlic. Cook and stir for around 10 minutes, or until turkey is browned and cooked through (you may need to add water if turkey begins to dry out while cooking). Pour into bowl and set aside.
- 2. Cook the sweet potatoes:** In the same pot over medium heat, add 1 tablespoon of the oil and the chopped sweet potatoes. Add in the last 2 tablespoons of taco seasoning, the last tablespoon of chili powder and 3/4 teaspoon cinnamon. Cook for 2-3 minutes to lightly brown.
- 3. Add in the last 2 cloves of garlic, the water and the broth to the pot with the sweet potatoes and bring to a low boil.** Season with salt and pepper to taste. Boil until sweet potatoes are soft.
- 4. Puree the mixture:** Using an immersion blender or countertop blender, puree the sweet potato mixture until smooth (or mash by hand).
- 5. Finish the chili:** Stir in the black beans, chickpeas and reserved cooked ground turkey and simmer on low for a couple of minutes until beans are warmed through.
- 6. Spoon into serving bowls, top with sour cream and black pepper.** Avocado is also a great choice.

