

Sweet Potato Chili with Peanuts

Ingredients

- 2 tbsp. Canola Oil
- 1 medium white onion
- 2 carrots
- 1 green bell pepper
- 1 red bell pepper
- 1 tbsp. sugar
- 3 garlic gloves
- 4 cups sweet potatoes
- 1 1/2 cups unsalted dry roasted peanuts
- 1 (28) oz. can crushed tomatoes
- 1 (6) oz. can tomato paste
- 2 (4) oz. cans green chilies
- 3 tbsp. chili powder
- 1 tbsp. Ground Cumin



Instructions

1. Chop onion small dice.
2. Peel carrots
3. Seed and chop in julienne green pepper.
4. Seed and chop in julienne red pepper.
5. Peel and chop garlic.
6. Peel Sweet Potatoes.
7. Chop sweet potatoes in large dice
8. Place the oil in large, heavy pot over medium heat.
9. Add the onions, carrots and bell peppers, and sauté lightly for about 8 minutes.
10. Add the garlic and sauté until it turns golden.
11. Add the sweet potatoes, peanuts, tomatoes, tomato paste, chilies, chili powder, cumin and sugar.
12. Reduce the heat immediately and simmer gently, stirring occasionally, for 15-25 minutes, or until the sweet potatoes are just tender (use a fork to test it).
13. Halfway through the cooking process, adjust seasonings, adding additional chili powder and cumin, as desired.
14. Add salt and pepper to taste.