



COOKING WITH

SWEET POTATOES

ABOUT SWEET POTATOES

- Sweet potatoes are a great source of Vitamin A and beta-carotene, which is important for eyesight, skin, teeth, and bone growth.
- Sweet potatoes are usually orange, but can also be found purple or white.
- Served in both savory and sweet dishes, sweet potatoes are versatile and easy to work with.

EXTENDING THE SHELF LIFE OF SWEET POTATOES

- Store sweet potatoes in paper boxes or wrapped in newspaper in a cool, dark pantry or closet.
 - Make sure not to refrigerate raw sweet potatoes.
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SWEET POTATO BLACK BEAN CHILI

SOURCE: minimalistbaker.com/5-ingredient-sweet-potato-black-bean-chili/

INGREDIENTS

- 1 medium yellow or white onion, diced (plus oil)
- 3 medium sweet potatoes, scrubbed clean and chopped into bite sized pieces
- 1 16-ounce jar salsa (chunky is best)
- 1 15-ounce can black beans, slightly drained
- 2 cups vegetable stock plus 2 cups water

INSTRUCTIONS

1. In a large pot over medium heat, sauté onions in 1 Tbsp oil and season with a healthy pinch each salt and pepper. Stir and continue cooking on medium heat until translucent and soft.
2. Add sweet potato and any desired spices at this time. Cook for 3 minutes, then add salsa, water and vegetable stock.
3. Bring mixture to a low boil on medium high heat and then lower heat to medium-low and simmer. Add black beans, cover and cook for at least 20 minutes more, preferably 30 or until the sweet potatoes are fork tender and the soup is thickened.
4. If desired, serve with fresh cilantro, onion, avocado and lime juice. Chips make an excellent spoon.

Nutrition Facts

Amount Per Serving

Calories 213 Serving Size: ¼ cup

% Daily Value*

Total Fat 0.6g

Sodium 611mg

Total Carbohydrates 47g

Dietary Fiber 9.1g

Sugars 4.4g

Protein 6.8g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

*Based on a 2,000 calorie diet



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