

# BLACK BEAN SWEET POTATO CHILI

NUTRITION FOR MOTHER AND BABY

## INGREDIENTS

- 1 lb lean ground beef (93% lean or higher)
- 2 medium sweet potatoes, diced with peels on
- 1 small white onion, diced
- 1 green bell pepper, diced
- 1 jalapeño pepper seeded and diced (optional)
- 2 tablespoons of olive or other cooking oil
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 2 teaspoons garlic powder
- Salt and pepper to taste
- 1 box (32 ounces) of low sodium beef stock
- 2 cans black beans, drained and rinsed
- 1 can no-sat-added diced tomatoes

## INSTRUCTIONS

1. Cook beef in a skillet over medium heat then rinse in hot water and drain in a colander
2. While the beef cooks, dice the sweet potatoes, onion, and pepper(s)
3. Heat oil in a large pot with a lid over medium heat
4. Cook veggies in the oil for about 5 minutes, stirring frequently
5. Add the chili powder, cumin, garlic powder, salt and pepper and stir well to coat the veggies
6. Add the box of beef stock and the drained beef
7. Bring to a boil, then cover and simmer for 10-15 minutes or until the potatoes are soft
8. Add the beans and tomatoes then cook for 5 more minutes or until everything is heated through
9. If desired, serve with a lime wedge

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4 SERVINGS



30 MIN



# BLACK BEAN SWEET POTATO CHILI

## NUTRITION FACTS

### CHECK THE LABEL

### HOW CAN CONSUMING THIS MEAL HELP MANAGE YOUR GESTATIONAL DIABETES?

Having gestational diabetes can be scary, but maintaining a healthy diet can help prevent complications. This recipe has no added sugars and nearly half of your daily fiber which can slow digestion and prevent blood sugar spikes.

### IRON AND VITAMIN C

Lean beef is a great source of iron which is very important during pregnancy when your daily iron needs increase. Vitamin C helps your body absorb the iron, and orange veggies like sweet potatoes are a great source!

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<b>Nutrition Facts</b>	
Serving size	2 Cups
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>370</b>
	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.4g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 25g	<b>50%</b>
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 4.9mg	25%
Potassium 972mg	20%
Vitamin A 440mcg	50%
Vitamin C 27mg	30%
Vitamin E 2mg	15%
Niacin 5mg	30%
Vitamin B6 0.562mg	35%
Vitamin B12 1.69mcg	70%
Zinc 4.22mg	40%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Leaving the peel on the sweet potatoes adds a good amount of insoluble fiber and helps keep the pieces in tact while they cook. Be sure to scrub and rinse the skins before you dice!

# COST BREAKDOWN

# BLACK BEAN SWEET POTATO CHILI

## SHOPPING LIST

## COST

## COST PER SERVING

• 1 lb lean ground beef	\$5.67	\$0.95
• 2 medium sweet potatoes	\$1.80	\$0.30
• 1 small white onion	\$1.13	\$0.19
• 1 green bell pepper	\$0.86	\$0.14
• 1 jalapeño pepper	\$0.35	\$0.06
• Chili powder	\$1.00	\$0.17
• Cumin	\$1.28	\$0.21
• Garlic powder	\$1.00	\$0.17
• 1 box (32 ounces) of low sodium beef stock	\$1.98	\$0.33
• 2 cans black beans	\$0.78	\$0.13
• 1 can diced tomatoes	\$0.88	\$0.15

## TOTAL

**\$16.73\***

**\$2.79**

\*Based on 6 servings. Prices obtained from Walmart.com

All of the fresh ingredients will be used up completely, so there's no waste. If you have them on hand, you could also use onion powder in place of the onion and cayenne in place of the jalapeño to save even more.

This would also be a perfect meal to freeze and have after the baby is born. It will keep in the freezer for up to 6 months. Just reheat in the microwave or on the stove, adding a little water or broth if the chili has thickened.



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