

# FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

## BLACK BEAN SWEET POTATO CHILI

MAKES 6 SERVINGS

### INGREDIENTS

- 1 lb ground turkey
- 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
- 1 box (32 ounces) of low sodium beef stock
- 2 cans black beans, drained and rinsed
- 1 can no-salt-added diced tomatoes
- 1/4 cup fresh cilantro, chopped (optional)
- Salt and pepper to taste

### DIRECTIONS

1. Cook ground turkey in a skillet over medium heat then drain in a colander
2. While the turkey 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 turkey
7. Bring to a boil, then cover and simmer for 10-15 minutes or until the potatoes are soft
8. Add the beans, tomatoes, and cilantro then cook for 5 more minutes or until everything is heated through
9. If desired, serve with a lime wedge and more fresh cilantro for garnish

### NUTRITION BREAKDOWN:

CALORIES

350

CARBS

45 GRAMS

PROTEIN

30 GRAMS

FAT

7 GRAMS

FIBER

14 GRAMS



You can subtract the dietary fiber from the carb count!  
45g - 15g = 30g of carbohydrates.

Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>