

Black Bean Chili with Sweet Potatoes

Ingredients:

- 1 bag of dried black beans (soaked overnight)
- 1 jar salsa (your choice of spiciness and organic if possible)
- 2-4 large sweet potatoes (washed, peeled and cubed)
- 1 large piece of kombu (optional) (sea vegetable which helps with digestibility and contains iodine for healthy thyroid function)
- 1 avocado (optional)
- 2 handfuls of rough chopped greens in season (collards, spinach, kale)
- sea salt
- cayenne



Additional Protein Option:

Serve black bean chili over a bed of cooked quinoa.

Easy Option:

2 cans of black beans in BPA-free cans (Eden Organics)

1/2 cup of water

1/2 cup of salsa

1 handful of rough chopped greens in season (collards, spinach, kale, etc.)

seasonings

1 large cooked sweet potato, peeled and cubed

Combine all ingredients in medium pot. Cook on medium-low until hot and desired thickness, season to taste, serve and top with avocado slices .

Directions:

Place bag of black beans in large bowl, cover with water and soak overnight. Discard soaking water in the morning. Place pre-soaked beans in crockpot and cover with fresh water (add enough water so that there is about 2 inches of water above the beans), add jar of salsa, cubed sweet potatoes, favorite in season greens and piece of kombu to slow cooker, turn on high for 3-4 hours until tender. Add additional water if necessary. Add sea salt and cayenne pepper to taste. Serve and top with cubed or sliced avocados.



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