



## Veggie Sweet Potato Chili

with Green Rice



30-40min



2 Servings

This veggie chili is loaded with good-for-you sweet potatoes and heart-healthy red kidney beans. You won't miss the meat! The beans and veggies stew along with other aromatics and seasoning like tomato paste, green bell pepper, chorizo chili spice, and a kiss of orange juice that adds a subtle sweetness and tangy acid to balance out the rich spices. Topped with green rice and sour cream, you can't go wrong with this dish.



## What we send

- 5 oz jasmine rice
- 1 sweet potato
- 1 green bell pepper
- 2 scallions
- 1 orange
- 6 oz tomato paste
- ¼ oz chorizo chili spice blend
- 15 oz can kidney beans
- ¼ oz fresh cilantro
- 2 (1 oz) sour cream <sup>7</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- small saucepan
- microplane or grater
- medium pot

## Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 760kcal, Fat 20g, Carbs 126g, Protein 19g



### 1. Cook rice

In a small saucepan, combine **rice**, **1 ¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat. Cover to keep warm.



### 2. Prep ingredients

Scrub (or peel) **sweet potato**, then cut into 1-inch pieces. Halve **pepper**, remove stem and seeds, then cut into ½-inch pieces. Trim **scallions**, then thinly slice. Finely grate **¼ teaspoon orange zest**, then squeeze **¼ cup juice** into a liquid measuring cup, keeping them separate. Set aside until step 4.



### 3. Sauté potatoes & peppers

Heat **2 tablespoons oil** in a medium pot over medium-high. Add **potatoes** and **peppers**. Cook, stirring occasionally, until browned in spots, 4-6 minutes.



### 4. Sauté aromatics

To pot with **vegetables**, add **¼ cup tomato paste**, **chorizo chili spice blend**, **orange zest**, and **half of the sliced scallions**. Cook, stirring, until ingredients are combined and chorizo chili spice is fragrant, about 30 seconds.



### 5. Add beans & liquid

Add **beans and their liquid**, **orange juice**, and **1 ½ cups water**. Cover and bring to boil over high. Uncover, reduce heat to medium-high, and cook until **sweet potatoes** are tender and liquid is reduced slightly, about 8 minutes. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Pick **2 tablespoons whole cilantro leaves** for garnishing. Finely chop remaining cilantro leaves and stems. Fluff **rice** with a fork, then stir in **chopped cilantro**. Garnish **chili** with **whole cilantro leaves** and **remaining sliced scallions**. Serve **sweet potato chili** with **rice** and **sour cream**. Enjoy!