



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 ⁷

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!