Ground Chicken & Black Bean Chili
with Sweet Potatoes

🕐 50min 🍴 2 Servings

We turned comfort food into healthy food with this soul-warming chili. With sweet potatoes, ground chicken, tomato sauce, and black beans, there's a little bit of something for everyone. It's true what they say—you can have your cake (or chili in this case) and eat it too, guilt free. We've got you covered!

1. Prep ingredients

Finely chop **1 tablespoon garlic**.

Trim ends from **scallions** and thinly slice, keeping dark greens separate.

Scrub **sweet potato**, then cut into ¾-inch pieces.

2. CHICKEN VARIATION

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **ground chicken** and cook, breaking up into smaller pieces, until browned, 5–7 minutes.

3. Cook aromatics

To pot with **chicken**, add **chopped garlic, scallion whites and light greens**, and **1 tablespoon taco seasoning**; cook, stirring, until fragrant, about 1 minute. Stir in **tomato sauce**; simmer over low heat, stirring occasionally, until sauce is slightly reduced, 3–5 minutes.

4. Simmer chili

To same pot, add **beans and their liquid, sweet potatoes, 2 cups water**, and **a pinch each of salt and pepper**. Bring to a boil over high. Reduce heat to low and simmer until potatoes are tender, chicken is cooked through, and chili is slightly thickened, 30–40 minutes. Season to taste with **salt** and **pepper**
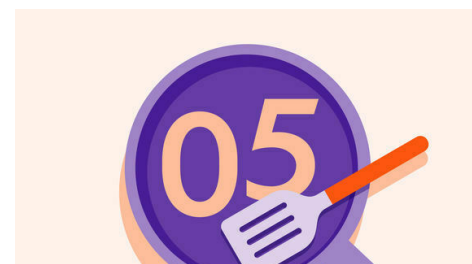
5. Serve

Serve **chicken and black bean chili** garnished with **scallion dark greens**. Enjoy!
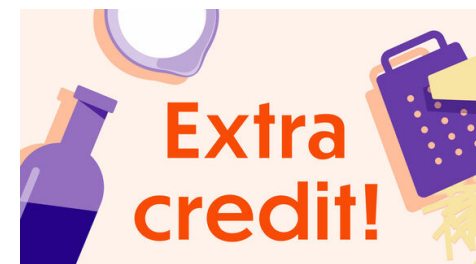
6. Crunch, crunch!

Top this chili with tortilla strips OR serve it up with tortilla chips on the side to use as crunchy vessels for shoveling heaping bites of chili!