



TURKEY & BLACK BEAN CHILI

Makes 4 servings

INGREDIENTS

2 sweet potatoes, peeled and cut into 3/4-inch pieces
1/4 cup extra virgin olive oil, divided
Coarse sea salt
1 large yellow onion, diced (about 1 1/2 cups)
2 cloves garlic, minced
1 teaspoon ground cumin
1/2 teaspoon sweet Hungarian paprika
1/2 teaspoon mild chili powder
1 pound ground turkey (preferably dark meat)
28-ounce can whole peeled tomatoes
14-ounce can black beans, drained and rinsed
Chopped fresh cilantro and scallions for serving, if desired

INSTRUCTIONS

Preheat the oven to 400°F.

Toss the sweet potatoes with 2 tablespoons of the olive oil and spread them out on a parchment-lined baking sheet. Evenly sprinkle with a good pinch of salt and roast, stirring now and then, until soft, about 20 minutes. Set aside.

Meanwhile, heat the remaining 2 tablespoons of olive oil in a large heavy-bottomed pot set over medium heat. Add the onion, garlic, cumin, paprika, chili powder, and a big pinch of salt and cook, stirring now and then, until nice and soft but not too browned, 8 to 10 minutes. Add the turkey to the pan and cook, stirring now and then to break it up, until its liquid has been released and has evaporated and the meat is nicely browned. This will take a good 20 minutes.

Add the tomatoes and a large pinch of salt to the pot and turn the heat to high. Swish 1/2 cup of water in the tomato can to get all the tomato bits off and add this liquid to the pot, too. Once the mixture comes to a boil, turn the heat to low and let the chili simmer for 20 minutes. Use the back of your wooden spoon to crush the tomatoes as they cook.

Add the beans and the reserved sweet potatoes to the chili and continue to simmer for another 15 minutes, just to let it all come together. Serve with a scattering of cilantro and scallions, if desired.