

# Chicken Chili with Sweet Potatoes

Active : 25 min Total: 40 min

## Ingredients:

2 Tbsp. extra-virgin olive oil  
1 large onion, chopped  
3 cloves garlic, minced  
2 cups cubed sweet potato (1/2 inch)  
1 med green bell pepper, chopped  
2 Tbsp. chili powder  
2 teaspoons ground cumin  
1 tsp. dried oregano  
1 15 oz. can low-sodium cannellini beans, rinsed  
2 cups low sodium chicken broth  
1 cup frozen corn  
2 cups cubed cooked organic chicken (1/2 inch)  
3/4 tsp. salt  
1/4 tsp. ground pepper  
Avocado and/or cilantro for garnish

## Directions:

1. Heat oil in a large pot over medium high heat. Add onion, garlic, sweet potato and bell pepper. Cook, stirring occasionally, until veggies are slightly softened, 5-6 minutes. Stir in chili powder, cumin and oregano and cook, stirring until fragrant, 1 minute.

2. Add beans and broth and bring to a boil. Reduce heat, partially cover and simmer gently for 15 minutes. Increase heat to medium high and stir in corn and cook 1 minute. Add chicken and cook until heated through, 1-2 minutes more. Remove from heat. Stir in salt and pepper. Serve with avocado and or cilantro as garnish.

