

# VITAMIN

Vital health information in a minute



## CROCK POT SWEET POTATO CHIPOTLE CHILI

Try this tasty and healthy recipe with a kick of spice! Sweet potatoes are packed with anti-inflammatory nutrients, ideal for those who suffer with arthritis or asthma.

### Ingredients:

- › 2-3 sweet potatoes, peeled and chopped (around 3 ½-4 cups)
- › 3 cups broth (use less for a thicker texture)
- › 1 pound ground lean pork, beef, chicken or turkey
- › 1 tbsp olive oil
- › 14 oz diced canned tomatoes (drained). You can use garlic or onion flavor if you like.
- › 1 cup chopped white onion
- › 2-3 cups chopped cauliflower (add as much or little as you'd like).
- › 1 tsp minced garlic
- › 2 chipotles in adobo, chopped, found in the Spanish or Mexican foods aisle, or substitute ½ cup to ⅔ cup hot chipotle salsa.
- › ¼ tsp cumin
- › ½ tsp paprika

- › ¼ tsp black pepper
- › sea salt to taste
- › ½ shallot (diced) or ¼ cup red onion (optional)
- › herbs to garnish

### Directions:

Chop and peel your potatoes. Place in a microwave-safe bowl and steam with 1 tablespoon water for 90 seconds. Add ground meat to the crock pot with broth and oil. Add tomatoes, sweet potato, onion and cauliflower and mix all together. Add your seasonings and chipotle peppers with sauce. Stir and cook on high for 3 to 4 hours. Add shallots the last hour (optional). Add more paprika and/or black pepper and sea salt to taste when finished cooking. Garnish with fresh herbs, such as cilantro or basil.



[Click here to watch a video of this recipe being made.](#)

Together, all the way.®



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