

## Vegetarian Chili



- 2 ½ cups canned red kidney beans, drained & rinsed
- 1 ½ cups cold water
- 1 tablespoon olive oil
- 1 medium red onion, chopped
- 2 cloves garlic, minced
- 1 green bell pepper, cut into 1/2" squares
- 1 pound sweet potatoes, peeled and cut into 1" chunks
- 1 ½ teaspoons chili powder
- 1 teaspoon salt
- ¾ teaspoon cinnamon
- ¾ teaspoon ground coriander
- ¾ teaspoon ground cumin
- 2 cans (8 oz each) no-salt-added tomato sauce
- 1 package (10 oz) frozen chopped spinach
- 1 package (10 oz) frozen corn kernels

In a Dutch oven or flameproof casserole, heat oil over medium-low heat. Add onion and garlic and cook, stirring frequently, for 7 minutes or until onion is tender. Add bell pepper and cook, stirring frequently, for 5 minutes or until tender. Stir in sweet potatoes, chili powder, salt, cinnamon, coriander, and cumin until coated. Add tomato sauce and 1 cup of water and bring to a boil. Reduce to a simmer, cover, and cook 20 minutes. Stir in spinach, beans, and 1 cup water. Return to a boil, reduce to a simmer, cover, and cook 20 minutes longer or until sweet potatoes are tender. Add corn and cook for 5 minutes to heat through.

Makes 4 servings.