

Slow-Cooker Sweet Potato, Black Bean, and Pumpkin Chili



Servings: 6

*4 cups sweet potatoes, cut into 1-inch cubes
1 onion, chopped
1 garlic clove, minced
2 cans black beans, rinsed and drained
1 cup pumpkin puree
1 can diced tomatoes
3 cups vegetable stock
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon paprika
1/4 teaspoon cayenne pepper, to taste
1/8 teaspoon ground cinnamon*

To the slow-cooker add all of the ingredients. Stir to combine.

Cover and cook on LOW for 8 hours or on HIGH for 4 hours.

Spoon into bowls.

Serve

Per Serving (excluding unknown items): 133 Calories; 1g Fat (5.6% calories from fat); 4g Protein; 29g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 844mg Sodium; 8g Total Sugars; 0mcg Vitamin D; 67mg Calcium; 2mg Iron; 629mg Potassium; 97mg Phosphorus. Exchanges: .