

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: .