

Tri-Color Chili

Adapted from Tilth Alliance

Makes 6-8 servings

Ingredients

- 1 bell pepper (any color)
- 1 medium sweet potato
- 1/2 large onion
- 1 clove garlic
- 1 can (15 ounce) red kidney beans
- 1 can (15 ounce) black beans
- 1 teaspoon oil
- 1 pound ground beef
- 1 teaspoon salt
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 large can (28 ounce) diced tomatoes
- 2 teaspoons apple cider vinegar



Photo credit: Simply Recipes website

Instructions

Remove stem and seeds from bell pepper and chop into small pieces. Peel and chop sweet potato into 1/2-inch cubes. Chop onion and mince garlic. Set aside. Drain and rinse canned beans and set aside.

Heat oil in a large pot over medium-high heat and add ground beef. Use a spatula to break up meat and cook, stirring frequently, until evenly browned.

Add bell pepper, sweet potato, onion, and garlic to pot and stir to combine. Continue cooking until onions become translucent, about 6-8 minutes.

Mix in salt, paprika, and chili powder and stir for 30 seconds to release the flavor of the spices.

Add the beans and canned tomatoes, including tomato juices. Bring to a boil, then reduce heat to low and simmer for 30 minutes, stirring occasionally.

Stir in apple cider vinegar, taste chili, and add more salt if needed. Serve warm and top with shredded cheese, chopped cilantro, or your favorite chili toppings!