

Spicy Black Bean and Sweet Potato Chili

By Sarah DiGregorio

YIELD 6 servings

TIME 1 hour

This thick, smoky vegan chili comes together in just under an hour, and most of that time is hands-off simmering. You can use any kind of sweet potato here — keep in mind that the orange or garnet “yam” you see at the grocery store is actually a sweet potato — but you could also switch it up and use any peeled sweet winter squash, like butternut or kabocha. The recipe calls for either coconut oil or vegetable oil. If you’d like a mild coconut flavor, which plays well with the orange juice, choose unrefined or virgin coconut oil; for a neutral flavor, choose refined coconut oil or any vegetable oil. Use one chipotle chile for a very mild chili, and four if you like yours very spicy. (Get the slow-cooker version of this recipe here (<https://cooking.nytimes.com/recipes/1021554>)).

INGREDIENTS

¼ cup coconut oil or vegetable oil

1 large yellow or red onion, finely chopped

Kosher salt and black pepper

6 garlic cloves, smashed and roughly chopped

2 packed tablespoons light brown sugar

2 teaspoons ground cumin

2 teaspoons garlic powder

2 teaspoons onion powder

¾ cup orange juice

1 to 4 chipotles from a can of chipotles in adobo, finely chopped, plus 3 tablespoons adobo sauce

1 ½ pounds sweet potatoes (4 to 5 small-medium or about 2 large), scrubbed and cut into 1-inch pieces

2 (15-ounce) cans black beans, drained

1 (28-ounce) can crushed or diced tomatoes, preferably fire-roasted

Juice of 1 lime (about 1 1/2 tablespoons)

PREPARATION

Step 1

In a large Dutch oven, warm the oil over medium-high heat. Add the onion, season with salt and cook, stirring occasionally, until the onion is translucent, about 5 minutes. Add the garlic and cook, stirring and adjusting the heat as needed to avoid burning, until fragrant, about 1 minute.

Step 2

Add the brown sugar, cumin, garlic and onion powders, and stir to combine. Add the orange juice and let it come to a simmer. Add the chipotles and adobo sauce, sweet potatoes, beans, tomatoes and lime juice. Season generously with black pepper and 2 teaspoons salt. Stir in 1 1/4 cups water and bring to a boil.

Step 3

Once the chili comes to a boil, decrease the heat to low to maintain a simmer. Cover the pot and cook until the sweet potatoes are tender, 30 to 45 minutes.

Step 4

Just before serving, stir in the corn and let it warm through. Taste and add more salt and pepper if necessary. Top with avocado and red onion.

PRIVATE NOTES

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1 (10-ounce) bag frozen corn

**Sliced avocado and red onion, for
topping**