



Sweet Potato Chili with Kale

This hearty sweet potato chili is just the thing for a chilly night—and there is no dish that can't be improved by the addition of kale!

<https://www.youtube.com/watch?v=v=Af0yP7UddFo>

By Chef AJ

Serves 6

Preparation Time: 20 minutes

Cook Time: 25 minutes

INGREDIENTS:

2 medium sweet potatoes, diced (approximately 2 pounds)

1 large red onion (approximately 10 ounces), finely chopped

2 15 ounce cans salt-free kidney beans

2 red bell peppers, seeded and finely diced

2 pounds fresh tomatoes, diced (or 2 14.5 ounce cans of salt-free tomatoes)

1 tablespoon salt-free chili powder

2 teaspoons smoked paprika (makes a difference when it's smoked)

¼ teaspoon chipotle powder (or more to taste)

2 cups lacinato kale finely shredded like coleslaw (around 8 ounces)

3 cups of orange juice

- 1 In large pot, sauté onion and bell pepper in half of the orange juice for 8-10 minutes until onion is soft and translucent.
- 2 Add all remaining ingredients except for the kale.
- 3 Bring to a boil, and then reduce heat to simmer for 25-30 minutes until the sweet potatoes are soft, but not mushy.
- 4 Turn off heat and stir in kale so it wilts, then serve.
- 5 To make in an electric pressure cooker, place all ingredients in the cooker and cook on high pressure for 6 minutes and release pressure.