

Ground Chicken Sweet Potato Chili

Internet Address: <https://kalynskitchen.com/paleo-turkey-sweet-potato-chili/#mv-creation-375-jtr>

Adapted from Kalyn's Kitchen



Servings: 8

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 30 minutes

1. In a large soup pot, heat half of the olive oil, add ground chicken, and cook over medium-high heat until the chicken is well-browned and all liquid has evaporated. Break it apart with a spatula.
2. Spoon out the chicken into a medium-sized bowl and set aside.
3. Add the other amount of olive oil to the soup pot, add the chopped red pepper, chopped onion and celery, and saute about 3-4 minutes over medium heat.
4. Add the minced garlic, chili powder, Ancho chile powder, and ground cumin and cook 1-2 minutes. Add the chicken back into the soup pot. Then add the diced green chiles with juice, diced tomatoes, tomato sauce, and beef broth to the soup pot. Bring the chili to a simmer, then turn heat to low.
5. Dice the sweet potato into pieces about 3/4" square and add to the chili along with the diced cauliflower and simmer about 45 minutes, adding a little water if it gets too thick.
6. Taste for seasoning and add hot sauce if desired, salt, and fresh ground pepper to taste. Serve hot, with toppings of your choice: yogurt or sour cream, grated cheese, green onions and cilantro. The chili will keep in the fridge for about a week and it freezes well.

2 tablespoons olive oil, divided
1 1/2 pounds ground chicken
2 red bell peppers, seeds and stem removed and chopped
1 large onion, chopped
2 stalks celery, minced
1 tablespoon minced garlic
1 teaspoon ground ancho chiles (or use more regular chili powder if you don't have Ancho)
1 tablespoon Penzey's Chili 3000 seasoning, or other chili seasoning mix
1 1/2 tablespoons ground cumin
8 ounces diced green chiles, not jalapenos
14 ounces diced tomatoes, canned, undrained
8 ounces tomato sauce
28 ounces low sodium beef broth
2 medium sweet potatoes, skinned and diced into cubes
1 cup cauliflower, cut into small dice
salt and fresh ground pepper to taste
TOPPINGS: unflavored yogurt (or sour cream), grated cheese, diced green onions and chopped cilantro

Yield: 8 servings

Per Serving (excluding unknown items): 239 Calories; 11g Fat (40.0% calories from fat); 19g Protein; 18g Carbohydrate; 4g Dietary Fiber; 73mg Cholesterol; 328mg Sodium; 8g Total Sugars; 0mcg Vitamin D; 63mg Calcium; 3mg Iron; 1086mg Potassium; 239mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com