

Crock Pot Sweet Potato Chili
By Gerda's Table for Meatless Monday



Total Time: 3h 20m

Ingredients

700 grams sweet potato, cubed small (4 medium)

2 cups diced onion

3/4 cup cubed zucchini/baby marrows or carrot or both
2 cans beans or chick peas , drained and rinsed
2 cans diced tomatoes optional 1 tbsp olive oil 1 cup water
2 tsp orange zest
1 tsp salt
1 1/2 tbsp chili powder
1 tsp ground cumin

Instructions

Grease your slow cooker, and place the sweet potatoes in the bottom. Stir in all other ingredients, then cover and turn the slow cooker on high. Cook 20 minutes, then stir and turn the slow cooker to low. Cook 3 hours or until sweet potatoes are soft and chili is flavourful. If your machine has a warm setting, use this setting until ready to serve.

Note: I also use broccoli/sometimes baby spinach and or any other left over vegetables which I add in the last 20 minutes