

**RECIPE OF THE WEEK - Crock Pot Sweet Potato Chipotle Chili**

**INGREDIENTS**

* 2-3 sweet potatoes, peeled and chopped (3.5-4cups)
* 2C broth (chicken, beef or vegetable, depending on meat used)
* 500g mince (beef, pork, turkey, chicken)
* IT Olive oil
* 1 can crushed tomatoes (approx 400g)
* 2 medium onions, diced
* 1 red capsicum, diced
* 1 green capsicum, diced
* 1 can black beans, drained
* 1 can red kidney beans, drained
* 1t minced garlic
* 2T chipotle chilis in adobo sauce (Mexican aisle in the supermarket)
* 1/4t cumin
* 1/2t paprika
* Salt to taste
* 1-2C grated cheese, to top after cooking
* 1-2C unsweetened Greek yoghurt or sour cream to top after cooking
* Plain corn chips, for crunch

**METHOD**

1. Place chopped sweet potatoes in microwave safe bowl with 1T water for approximately 90secs.
2. Set up crock pot - add oil, broth, meat, tomatoes, sweet potato, onion, beans and capsicum - mix together
3. Add seasonings and chipotle - mix together
4. Cook on high for 3-4 hours, or when the vegetables are cooked through
5. Serve topped with cheese, Greek yoghurt or sour cream and broken up corn chips