

## SLOW COOKER VEGGIE CHILI

1 medium red onion, chopped  
1 green bell pepper, chopped  
4 garlic cloves, chopped  
1 tbsp chili powder  
1 tbsp cumin  
1/4 tsp cinnamon  
Salt and black pepper  
28 oz can diced tomatoes  
15.5 oz can black beans, rinsed and drained  
15.5 oz can kidney beans, rinsed and drained  
1 medium sweet potato, peeled and cut into 1/2-inch pieces  
Optional toppings \* Cilantro and diced avocado

In a 4- to 6-quart slow cooker, combine the onion, bell pepper, garlic, chili powder, cumin, cinnamon, 1 teaspoon salt, and 1/4 teaspoon black pepper. Add the tomatoes (and their liquid), beans, sweet potato, and 1 cup water.

Cover and cook until the sweet potatoes are tender and the chili has thickened, on low for 7 to 8 hours or on high for 4 to 5 hours.

Top each bowl with cilantro and avocado! Makes 4 servings.

MY NUTRITION STUDIO, LLC | [www.mynutritionstudio.com](http://www.mynutritionstudio.com)