

Moroccan Cinnamon, Sweet Potato, Quinoa and Chickpea Chili or Soup

Courtesy of Linda Arpino, MA, RDN, CDN and the Life Focus Nutrition Centers in Rye Brook, NY and Stamford, CT.

Prep Time: 20 minutes Cook Time: 1 hour, 10 minutes

Total Time: 1 hour, 30 minutes

Serves: 6-8



Ingredients:

- 1-2 large sweet potato, diced
- 2 Tbsp./30 ml. olive oil
- 1 cup BPA-free can diced tomatoes with garlic and onion or fresh
- 32 ounces vegetable broth for soup or 16 ounces for chili
- 1-2 15 ounce can* chickpeas, rinsed and drained(1 for soup; 2 for chili)
- 1 cup/250 ml. apple cider or fresh apple juice
- 2-3 Tbsp. cinnamon
- 2 Tbsp./30 g. chili powder
- 1 Tbsp./15 ml. honey
- 1 Tbsp. pure maple syrup
- ½ teaspoon dry mustard
- ½ teaspoon sea salt
- ½ teaspoon ground cumin
- 1 cup/230 g quinoa

Directions:

- 1.) In a large stockpot, add olive oil and diced sweet potatoes. Sauté for approximately 8 minutes to soften potatoes.
- 2.) Add in all remaining ingredients.
- 3.) Simmer on medium for 20 minutes.
- 4.) Turn to low and simmer for another 40 minutes.

Serve with whole wheat pita bread.

*BPA free canned foods always suggested when possible.