

Sweet Potato, Quinoa and Chickpea Chili or Soup

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

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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 BPA-free can diced tomatoes with garlic and onion
32 oz. Vegetable broth for soup or 16 ounces for chili
1-2 15 oz. cans* chickpeas, rinsed and drained(1 for soup; 2 for chili)
1 cup/250 ml. apple cider or fresh apple juice with 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.

*BPA free canned foods always suggested when possible.