

# Slow Cooker Beef and Sweet Potato Chili

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Active Time : 15 Mins

Total Time : 7 Hours 15 Mins

Yield : Serves 8 (serving size: about 1 1/2 cups chili, 2 tbsp. cheese, 1 tbsp. cilantro)

By Ann Taylor Pittman

Leaving the peels on the sweet potatoes has three benefits: Prep is faster, you add more fiber, and the potatoes hold their shape better after the 7-hour simmer. Besides, the peels get so tender that you barely notice they're there. If you'd like to change things up, try parsnips in place of the sweet potatoes; they have a similar sweetness and earthier flavor and won't fall apart after cooking for an extended time. You don't need to fully cook the ground beef before it goes into the slow cooker; just cook it enough to "set" the shape of the crumbles.

## Ingredients

- 1 pound 90% lean ground sirloin
- 4 cups (3/4-in.) cubed unpeeled sweet potato (about 1 1/4 lb.)
- 2 1/2 cups unsalted beef stock
- 2 cups chopped yellow onion
- 1 cup chopped red bell pepper
- 1/4 cup unsalted tomato paste
- 2 tablespoons chili powder
- 1 1/2 teaspoons kosher salt
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground red pepper
- 8 garlic cloves, minced
- 2 (14.5-oz.) cans unsalted diced tomatoes, undrained
- 1 (15-oz.) can unsalted black beans, rinsed and drained
- 1 cup chopped fresh cilantro, divided
- 4 ounces sharp cheddar cheese, shredded (1 cup)

## How to Make It

### Step 1

Heat a large nonstick skillet over medium-high. Add beef to pan; cook, stirring often, just until crumbled and mostly browned, about 3 minutes. (Beef will not be fully cooked.) Remove from heat.

### Step 2

Combine sweet potatoes and next 11 ingredients (through black beans) in a 6-quart slow cooker. Stir in beef. Cover and cook on LOW 7 hours. Stir in 1/2 cup cilantro.

Ladle chili into bowls; top with cheese and remaining cilantro