

# Sweet Potato Chili Bowls

16 ingredients · 2 hours · 8 servings



## Directions

1. Place a large pot over medium heat. Add ground turkey, onion, garlic, bell pepper, parsley, jalapenos and celery. Cook and stir occasionally until turkey is cooked.
2. Stir in tomatoes, chili powder and cumin. Cook for another 2 to 3 minutes.
3. Add the vegetable broth. Add the beans and lentils and bring to a boil over high heat. Reduce heat. Cover and let simmer for 1 hour.
4. In the meantime, preheat oven to 400°F (204°C). Pierce each sweet potato several times with a fork. Place potatoes on a baking sheet and bake for 45 minutes. (Note: This step is optional, the chili can be served with or without the sweet potatoes. It is just a fun touch!)
5. Remove sweet potatoes from oven. Make a slit in the top and use a spoon to carve out the majority of the sweet potato flesh to make a bowl. Be sure to leave some flesh in the potatoes so the bowl holds its shape and it will absorb the yummy flavour of the chili. Place the flesh in a bowl and set aside. (Don't throw it out! Use it to make sweet potato hummus or a mashed sweet potato side with a meal later on!)
6. Ladle your chili into your sweet potato bowls and top with diced avocado and salsa. Enjoy!

## Ingredients

- 454 grams** Extra Lean Ground Turkey
- 1** White Onion (chopped)
- 8** Garlic (cloves, minced)
- 1** Green Bell Pepper (chopped)
- 15 grams** Parsley (diced)
- 3** Jalapeno Pepper (de-seeded and chopped)
- 3 stalks** Celery (diced)
- 726 grams** Diced Tomatoes
- 40 grams** Chili Powder
- 4 grams** Cumin
- 951 milliliters** Vegetable Broth
- 354 grams** Red Kidney Beans (cooked, drained and rinsed)
- 396 grams** Green Lentils (cooked, drained and rinsed)
- 4** Sweet Potato (optional)
- 1** Avocado (peeled and diced)
- 130 grams** Salsa

## Nutrition

Amount per serving

<b>Calories</b>	356	Vitamin D	8IU
<b>Fat</b>	10g	Vitamin E	3mg
<b>Carbs</b>	47g	Vitamin K	52µg

Fiber	15g	Thiamine	0.3mg
Sugar	9g	Riboflavin	0.3mg
<b>Protein</b>	23g	Niacin	6mg
Cholesterol	42mg	Vitamin B6	0.8mg
Sodium	696mg	Folate	170µg
Potassium	1123mg	Vitamin B12	0.7µg
Vitamin A	11846IU	Phosphorous	347mg
Vitamin C	38mg	Magnesium	94mg
Calcium	137mg	Zinc	3mg
Iron	6mg	Selenium	15µg