



Sweet Potato & Black Bean Chili

3 Large sweet potatoes peeled and cut into bite sized pieces
1 large onion chopped
2 Tablespoons Chili Powder
1 teaspoon dried minced garlic
1 teaspoon ground cumin
1 can black beans rinsed and drained
1 can chili beans
1 can diced tomatoes, undrained – used garlic and onion
2 Cups diluted tomato soup or vegetable broth
2 Tablespoons honey
¼ teaspoon black pepper
optional corn

Put all of the ingredients in crockpot and cook on low all day.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Crockpot.html>

or

<http://www.lincolntent.com/GlutenFreeCaseinFree-Meatless.html>

or

<http://www.lincolntent.com/GlutenFreeCaseinFree-Soup.html>