



Serves 4
Cook Time: 45 minutes

INGREDIENTS:

4 medium sweet potatoes
1 cup chopped onion
¾ cup chopped red bell pepper
1 tablespoon chili powder
1½ teaspoon ground cumin
¾ teaspoon fine sea salt
3 cloves garlic, minced
1 (15-ounce) can reduced-sodium garbanzo beans (chickpeas), rinsed and drained
1 cup fresh or frozen corn
Chopped avocado (optional)
Bottled hot pepper sauce (optional)

Baked Sweet Potatoes Stuffed with Chickpea Chili

Vegan chili potato, anyone? Load up baked sweet potatoes with a zesty, easy-to-make chickpea chili and you've got a tasty weeknight meal that requires little prep or clean-up. Top your chili-stuffed sweet potatoes with diced fresh avocado for creaminess, and you'll never miss the typical, not-so-healthy additions of sour cream and/or cheese. Or, whip up your own three-ingredient **vegan Sour "Cream,"** made with silken tofu, a splash of vinegar, and sea salt.

*From **The Vegan 8***

By Brandi Doming

- 1** Preheat oven to 400°F. Line a shallow baking pan with parchment paper. Place sweet potatoes in prepared pan. Bake 40 to 60 minutes or until tender.
- 2** Meanwhile, in a large saucepan combine onion, ½ cup water, the bell pepper, 1½ teaspoons chili powder, 1 teaspoon cumin, and salt. Bring to boiling. Cook 8 minutes or until nearly all of the water is evaporated, stirring occasionally.
- 3** Add ½ cup water and the garlic; cook 2 minutes more. Stir in garbanzo beans, corn, and the remaining 1½ teaspoons chili powder and ½ teaspoon cumin. Cook and stir until slightly thickened.
- 4** To serve, spoon chickpea mixture over sweet potatoes. If desired, top with avocado, hot pepper sauce, and/or additional chili powder.