



Fast Sweet Potato Chili

Ingredients

- 1 15-ounce canned sweet potatoes
- 2 cups cooked rice, optional
- 1 15-ounce can chili, with or without beans
- Water
- Toppings: cheese, cilantro, jalapeño, green onion, low-fat sour cream or plain yogurt, avocado, etc.

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If using rice, cook rice, following package directions.
3. Rinse canned sweet potatoes under cool water to remove any syrup.
4. Heat chili in a sauce pan. Add sweet potatoes. If chili is too thick, add a little water.
5. Cook until heated through, then serve over rice with toppings.

Makes 4-6 servings