

## Steak + Sweet Potato Chili

olive oil  
1/3 cup minced garlic  
1 sweet onion, chopped  
2 jalapeno chiles, seeded and chopped  
2 cooked sweet potatoes mashed  
2 tablespoons chili powder  
6 thick strip steaks cubed  
1 tablespoon cumin  
1/2 teaspoon cayenne pepper  
1 (28 ounce) can spiced diced tomatoes

### HERE'S WHAT YOU'LL NEED

1 tablespoon unsweetened cocoa powder  
1 teaspoon ground cinnamon  
2 teaspoons brown sugar  
1 teaspoon freshly ground black pepper  
2 tablespoons salt  
1 (15 ounce) can Great Northern Beans, rinsed and drained  
1 (15 ounce) can black beans, rinsed and drained  
1-1/2 cups vegetable broth

### LET'S GET STARTED

1. Heat oil over medium high heat. Add onions, peppers, and garlic. Turn until peppers are soft and onions are transparent.
2. Wash sweet potatoes and poke holes throughout. Cook in microwave on high for about 8 minutes or until soft. Allow to cool, then scoop potato into bowl. Mash gently -- chunks will soften in chili.
3. Combine beef, tomatoes, beans, broth, spices and mashed sweet potatoes in crockpot.
4. Mix cooked onions and peppers into chili.
5. Cook on high for 4 hours or low for 7+ hours. Make sure that beef is cooked through before serving.
6. Serve with crumbled feta and sour cream.