

Black Bean & Sweet Potato Chili with Cornbread Crumbles

There's something irresistible about a black bean chili cooked up with roasted sweet potatoes. But serve it topped with toasted cornbread crumbles, lime crema and roasted leeks? Pure heaven.

45 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Loaf Pan or Small
Casserole Dish
Rimmed Baking
Sheet
Heavy Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Celery & Onions
Tomato Sauce
Sweet Potatoes
Leeks
Cornbread
Lime Crema

Make The Meal Your Own

Omnivore's Option – Ground beef is a tasty addition. Cook it up with the celery & onions.

Cooking with a picky eater? This dinner is a crowd pleaser, but serve the crema and crispy leeks on the side for anyone who might not love them.

This is a great make-ahead meal. Cook everything up through step 3 ahead of time, and when you're ready to eat, assemble the chili in the casserole dish, top with the cornbread and bake following instructions in step 4.

Good To Know

If you're making the vegan version, we've given you lime juice instead of crema. Drizzle over the chili to finish it. We've also left the cornbread out of your meal; the chili is still delicious without it.

Health snapshot per serving – 640 Calories, 19g Protein, 16g Fiber, 20 Smart Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Sweet Potatoes, Tomatoes, Black Beans, Cornbread, Leeks, Onions, Sour Cream, Celery, Lime, Garlic, Spices, Herbs

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1. Getting Organized

Preheat your oven to 425.

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** in a loaf pan or small casserole dish and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer. Bake until golden at the edges and fork tender, about 20 minutes.

*If the potatoes
won't fit in a single
layer in a single pan,
use two pans.*

3. Cook the Chili

While the sweet potatoes are roasting, heat 1 Tbsp olive oil over high heat in a heavy saucepan. Add the **Celery & Onions** and cook until lightly brown, about 5 to 7 minutes. Add the **Tomato Sauce** and 1 ½ cups of water and bring to a boil. Lower the heat to a simmer and cook uncovered until 2/3 of the liquid has evaporated, about 20 minutes.

4. Make the Crispy Leeks

Once the sweet potatoes are out of the oven and the chili has thickened, pour the chili over the sweet potatoes right in the pan. Crumble the **Cornbread** over top, and bake until golden, about 7 to 10 minutes.

Put the **Leeks** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Arrange in a single layer and bake until crispy on the outside, but still a little tender on the inside, about 10 minutes.

*Stir the leeks once
about halfway
through cooking.*

Serve the chili topped with the **Lime Crema** and crispy leeks.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois