

# Sweet Potatoes



**Storage and preparation tips:** Keep sweet potatoes in a cool, dark place for up to 3-5 weeks. Rinse and scrub well with a vegetable brush before cooking.

**Nutrition benefits:** Sweet potatoes are a great source of vitamin A for healthy eyes and fiber to help you feel full and promote a healthy gut!



## WAYS TO ENJOY SWEET POTATOES:

**1)** Prepare like a **baked potato** and top with black beans & corn, BBQ pork, or chopped apples & cinnamon.

**2)** Cut into wedges, toss with oil, and **roast** in a 400°F oven for 30 minutes, flipping halfway through. Sprinkle with cinnamon and cayenne or pepper and garlic powder for extra flavor!

**3)** Dice and add to **soup** or **chili** in the slow cooker.

**4)** Shred with a grater and cook with beef, turkey, or beans for tasty **tacos**.

**5)** Mash cooked sweet potatoes and add to **pancakes** or **muffins**.

## VEGGIE CHILI recipe

### Ingredients:

- 2 tablespoons olive oil
- 1 onion, coarsely chopped
- 1 pound ground turkey
- 2 sweet potatoes, cut into 1/2 inch cubes
- 2 teaspoons each of chili powder and cumin
- 3/4 teaspoon each of salt and pepper
- 1/8 teaspoon cinnamon
- 2 cans (15 oz. each) diced tomatoes, undrained
- 1 cup chicken broth (or water)
- 1 can (15 oz.) corn, drained
- 1 can (15 oz) black beans, drained



### Instructions:

- 1)** Heat oil in a large pot over medium heat. Add onions and cook for 2-3 minutes.
- 2)** Push onions to one side of the pot and add turkey, cooking until meat is no longer pink. Add sweet potatoes and cook for another 2-3 minutes.
- 3)** Add chili powder, cumin, salt, pepper, cinnamon, tomatoes and chicken broth to pot and stir to combine. Cover, reduce heat to low, and simmer for 20-25 minutes.
- 4)** Add corn and black beans and simmer for an additional 5-10 minutes or until sweet potatoes are fork-tender. Serve with chopped cilantro and shredded cheese if desired.

**Serves 8. Nutrition per 2 cup serving:** 270 calories, 18 g protein, 9 g fat, 33 g carbohydrates, 8 g fiber, 538 mg sodium

Visit [purdue.edu/foodlink](http://purdue.edu/foodlink) or [cookingmatters.org](http://cookingmatters.org) for more recipe ideas and cooking tips!

