

Evolving Table

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Turkey Sweet Potato Chili Recipe

The proud winner of multiple chili cook-offs, this **Turkey Sweet Potato Chili** is your new go-to for a hearty and incredibly flavorful meal. With lean ground turkey, sweet potatoes, and black beans, it's packed with protein, fiber, and vitamins, making it both nutritious and delicious.



★★★★★
5 from 38 votes

Prep Time	Cook Time	Total Time
15 mins	45 mins	1 hr

Course: Main Course Cuisine: American Servings: 6 servings

Ingredients

- 2 tablespoons avocado oil
- 1 small white onion finely diced
- 3 garlic cloves finely minced
- 1 pound ground turkey
- 1 pound sweet potatoes peeled and cut into ½-inch cubes
- 2 (15-ounce) cans crushed tomatoes
- 1 cup chicken broth
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- ⅛ teaspoon cinnamon
- ⅛ teaspoon cayenne pepper optional
- 2 teaspoons salt
- ¾ teaspoon black pepper
- 1 15.25-ounce can corn drained
- 1 15.5-ounce can black beans drained and rinsed
- Sour cream optional
- Fresh cilantro finely chopped, optional

Instructions

1. Heat the avocado oil in a large Dutch oven over medium heat. Add the onions and cook for 2-3 minutes, or until they become tender. Add garlic and continue cooking for 30 seconds, or until fragrant.
2 tablespoons avocado oil, 1 small white onion, 3 garlic cloves
2. Push onions and garlic to the side and add the ground turkey. Cook, breaking apart, for 7-8 minutes, or until no longer pink. Add sweet potatoes, stir, and cook for another 2 minutes.
1 pound ground turkey, 1 pound sweet potatoes
3. Add crushed tomatoes, chicken broth, chili powder, cumin, paprika, cinnamon, cayenne pepper, if using, salt, and black pepper. Stir to combine and increase the heat to high. Once boiling, reduce the heat to medium-low, cover, and simmer for 30 minutes
2 (15-ounce) cans crushed tomatoes, 1 cup chicken broth,
2 tablespoons chili powder, 2 teaspoons cumin, 1 teaspoon paprika,
1/8 teaspoon cinnamon, 1/8 teaspoon cayenne pepper, 2 teaspoons salt,
3/4 teaspoon black pepper
4. Stir in the corn and black beans. Cover and simmer for an additional 10-15 minutes, or until sweet potatoes are fork-tender. For a slightly thicker chili, mash some of the sweet potatoes using a potato masher.
1 15.25-ounce can corn, 1 15.5-ounce can black beans
5. Serve with sour cream and chopped cilantro, if desired.
Sour cream, Fresh cilantro

Notes

- **Storage:** Keep in an airtight container in the refrigerator for up to 3-4 days.
- **Freezing:** Place in a freezer-safe airtight container and freeze for up to 5-6 months.
- **Potatoes:** You can leave the skin on the potatoes if you like, but they might separate.
- **Seasoning:** Make your own chili seasoning.