



BITE ME THE SHOW ABOUT EDIBLES

Sweet Potato Chili

Recipe adapted from Aaron Hutcherson

Ingredients:

- 1 tablespoon neutral cooking oil
- 1 medium yellow onion, diced
- 1 teaspoon fine salt, plus more as needed
- ½ teaspoon freshly ground black pepper
- 1 pound ground beef, preferably 90 percent lean
- 4 teaspoons chili powder
- 2 teaspoons ground cumin
- ¼ teaspoon cayenne pepper
- ¼ cup tomato paste
- 2 medium sweet potatoes, peeled and cut in to roughly ½ inch-dice
- 1 (15 ounce) can no-salt-added kidney beans, with their liquid
- 1 (12 ounce) bottle dark beer, such as Modelo Negra
- ½ cup water
- sour cream, shredded cheese and sliced scallions for serving
- infused finishing oil, for serving

Instructions:

- In a large Dutch oven or heavy bottomed pot over medium-high heat, heat the oil until shimmering
- Add the onion, salt and black pepper and cook, stirring occasionally, until starting to soften, about 3 minutes.
- Add the beef, chili powder, cumin and cayenne pepper, and cook, stirring and breaking up any clumps with a wooden spoon, until the meat is no longer pink, about 3 minutes.





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Instructions Continued:

- Stir in the tomato paste until incorporated, about 1 minute.
- Add the sweet potatoes, beans and their liquid, beer, and water and bring to a boil.
- Reduce the heat so the liquid is at a gentle simmer, cover partially and cook, stirring occasionally, until the sweet potatoes are tender, about 20 minutes.
- Remove from heat, taste and season with more salt, black pepper, chili powder, cumin and cayenne pepper, as desired.
- Ladle the chili into bowls and serve hot, drizzled with your infused finishing oil, sour cream, shredded cheese and sliced scallions.

Notes:

- I used beef broth instead of the beer.
- Your infused oil let's you tailor the dose to each person eating with you.

