



### **Music City Sweet Potato Chili**

*Roasted sweet potato chunks are the secret ingredient used by Chef Julio Hernandez*

- 2 to 3 sweet potatoes, peeled, diced
- 3 Tablespoons avocado oil
- 2 large yellow onions, peeled, diced
- 3 carrots, peeled; diced
- 5 stalks celery, diced
- 5 garlic cloves, chopped
- 1 Tablespoon dark chili powder
- 2 teaspoons cumin
- 1 Tablespoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1 Tablespoon salt
- 2 poblano peppers, roasted; seeded, peeled
- 2 cups frozen sweet corn kernels
- 4 tomatoes, seeded, diced
- 2 (15 oz.) cans red kidney beans with liquid
- 4 cups vegetable stock or as needed

#### **Garnish/Topping:**

Pickled red onions  
Fresh spinach, softened  
Fresh cilantro, chopped  
Sour cream as desired

- Preheat oven to 425 degrees F. Line a large baking pan with foil; spray with avocado oil
- Place diced sweet potatoes in baking pan; spray lightly with avocado oil; bake in preheated oven for 15 minutes; check potatoes for tenderness, turn over; if needed, bake for 5 additional minutes. Remove from oven; set aside.
- In large skillet over medium high heat, add oil until hot, add onions; sauté for 5 minutes; add carrots and celery; cook for about 10 minutes.
- Add garlic and chili powder, cumin, oregano, cayenne pepper, and salt; cook for 2 to 3 minutes.
- Add poblanos, corn, tomatoes, beans with liquid, and vegetable stock; bring to a boil; reduce heat; simmer 30 minutes to soften vegetables.
- Serve in bowls, top each serving with some pickled onions, sauteed spinach, and if desired a cheesy taquito on the side. Serve fresh cilantro and sour cream on the side. Yield: 8 to 10 servings

**Recipe from:** Chef Julio Hernandez at the Music City Bowl Chili Cookoff. He also made 800 tortillas by hand for the event to garnish each bowl of chili with a cheesy taquito, along with the pickled red onions and herbs  
<https://ediblenashville.ediblecommunities.com/recipes/julio-hernandezs-sweet-potato-chili>

**About the Recipe:** This Sweet Potato Chili is deliciously thick, rich, and full of an assortment of colorful vegetables. The roasted potato chunks add a light caramelized flavor and are stirred in at the end. It's seasoned with warm spices and topped with a contrasting flavor taste of chilled red onions and sauteed greens. It makes a large pot so part of it can be frozen for another dinner. Great vegetarian chili that's full of flavor!

**Recipe for Quick Pickled Red Onions:**

1 red onion, peeled, sliced thinly  
3/4 cup water  
2/3 cup cider vinegar  
2 Tablespoons granulated sugar  
1 teaspoon salt

In a small saucepan, heat water, vinegar, sugar, and salt, stirring to dissolve ingredients. Pour over to cover onions. Stir; cover bowl, chill until ready to use. If you want a spicy flavor, add some pepper or hot sauce.