

Chicken Chili on Sweet Potato



Ingredients

- ✓ 3 sweet potatoes
- ✓ 3 lbs organic, ground chicken breast (organic, grass-fed if possible)
- ✓ 1 Tablespoon olive oil
- ✓ 4 cups organic chicken broth (home made if possible)
- ✓ 6 Tablespoons chili powder
- ✓ 8 garlic cloves, minced
- ✓ 2 teaspoons ground cumin
- ✓ 1 teaspoon dried oregano
- ✓ ¼ teaspoon ground cayenne
- ✓ ½ teaspoon black pepper
- ✓ 1 Tablespoon unsweetened cocoa powder
- ✓ 2 Tablespoons ground sweet paprika

Directions

Preheat the oven to 400 degrees F. Wash the sweet potatoes and poke all over with a fork. Place directly on the oven rack, bake for 40 minutes, or until tender.

In a medium, heavy bottomed pot heat the coconut oil over medium. Add the ground chicken and stir often until browned.

Add the remaining ingredients and reduce the heat to low. Cover and simmer for an hour. Serve warm over half of a baked sweet potato with a dark green salad. Enjoy!