

ONE BITE

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Vegan Magazine

summit 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES



>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

EASY VEGAN SWEET POTATO CHILI

By Lisa Goodwin

Budget friendly easy vegan sweet potato chili that is oil free, gluten free, and great for weight loss. This one pot meal is instant pot and 21 day fix friendly and contains 420 calories for only \$1.35 per serving.

INSTRUCTIONS

1. Add everything into a large pot or an instant pot (I use the 6 quart)
2. Let simmer on medium heat until potatoes are soft (15-20 minutes) or set instant pot to meat/stew high for 5 minutes (closed valve).
3. Top with avocado and fresh cilantro for extra flavor.

INGREDIENTS

- 3 bell pepper, diced
- 1 can (28 oz) crushed or diced tomatoes
- 3 cups / 2 sweet potatoes, cubed
- ½ onion, diced
- 2 cloves garlic, pressed
- 2 cans kidney beans, rinsed
- 1 t salt
- pepper to taste
- 2 t cumin
- 1 t paprika powder
- ½ t chili
- 1 t oregano
- Optional topping: avocado, cilantro
- Optional: Instant Pot (6 qt.)
- ¾ cup water



Lisa Goodwin —

Lisa Goodwin is the recipe developer behind 2sharemyjoy.com. After adopting a vegan diet to gain control over her health issues, she fell in love with creating new, healthy vegan recipes. Her blog is dedicated to not only providing healthy, delicious recipes but also tips on healthy living and weight loss through diet.

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