

Vegetarian Chili Fries

Cook Time: 2hrs Serves: 6

Ingredients:

- 3 lb yams (about 6)
- 3 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp pepper

Chili:

- 2 tbsp olive oil
- 1/4 c. diced onion
- 1/4 c. diced celery
- 1/4 c. diced carrot
- 2 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp paprika
- 1/4 tsp hot pepper flakes
- 1/4 tsp salt & pepper
- 1 can (28 oz) diced tomatoes
- 1 can (19 oz) red kidney beans, drained and rinsed

Garnish:

- 1/4 c. thinly sliced green onions

Instructions:

Step 1: Chili: In saucepan, heat oil over medium heat; fry onion, celery and carrot until softened, about 5 minutes. Add garlic, chili powder, paprika, hot pepper flakes, salt and pepper; cook for 2 minutes. Add tomatoes; bring to boil. Reduce heat and simmer, stirring occasionally, for 12 minutes. Add beans; simmer, stirring occasionally until slightly thickened, about 12 minutes. Cover and keep warm.

Step 2: Meanwhile, cut yams lengthwise into 1 cm thick slices. Cut lengthwise into 1 cm wide sticks. Toss yams, oil, salt and pepper; spread on parchment paper lined baking sheets. Bake in 425°F (220°C) over, turning once, about 45 minutes.

Step 3: Sprinkle with green onions