

RECIPE ADAPTED FROM SESAME STREET LET'S COOK! BY SUSAN MCQUILLAN, RD. COPYRIGHT © 2015 BY SESAME WORKSHOP. USED BY PERMISSION OF HOUGHTON MIFFLIN HARCOURT PUBLISHING COMPANY. ALL RIGHTS RESERVED.

ELMO'S FAMOUS CHILI

SERVES 6 TO 8 PREP 20 MIN
COOK 1 HR 15 MIN

- 4 tbsp. olive oil, plus more for brushing
- 2 medium sweet potatoes, peeled and cut into 1/2-inch pieces
- 2 red or green bell peppers, cut into 1/2-inch pieces
- 1 large onion, finely chopped
- 4 cloves garlic, finely chopped
- 1 tbsp. smoked paprika
- 1 tsp. chili powder
- 1 lb. boneless, skinless chicken thighs, cut into 1-inch pieces
- 2 cans (15.5 oz. each) black beans, rinsed
- 2 cans (14.5 oz. each) diced tomatoes with green chiles
- 2 cups chicken stock, vegetable stock or water
- 2 tbsp. unsweetened cocoa powder
- 1/2 cup chopped fresh cilantro

Optional toppings: plain low-fat yogurt, shredded reduced-fat cheddar, diced avocado

▷ Preheat the oven to 375°. Brush a rimmed baking sheet with olive oil. In a large bowl, toss the potatoes, peppers and 1 tbsp. oil; season with salt and pepper. Spread in a single layer on the baking sheet. Roast until tender, about 25 minutes.

▷ Meanwhile, in a large pot, heat the remaining 3 tbsp. oil over medium. Add the onion; season. Cook, stirring often, until the onion is soft, about 5 minutes. Stir in the garlic and spices. Cook until the spices are fragrant, about 1 minute.

▷ Add the chicken. Cook, stirring often, until the chicken browns, about 5 minutes. Stir in the beans, tomatoes, stock and cocoa. Bring to a gentle simmer. Cook, stirring occasionally, until the chicken is tender, about 45 minutes; season.

▷ Add the roasted vegetables to the pot. Cook, stirring occasionally, until the flavors meld, about 15 minutes. Divide the chili among bowls; top with the cilantro. Serve with the toppings, if using.



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Get a look behind the scenes of Elmo's photo shoot at RachaelRayMag.com/elmo.

