

Sweet Potato + Black Bean {Beer} Chili



I'm writing this post from several thousand feet in the air as I am on a plane bound for LA, my family's future home. This is just one of many little incidences that are screaming, "Sh*t's getting real! Pay attention!" We are T minus 6 months away from our big family change and I'm really starting to feel it. I notice when I'm hanging with close friends or dear colleagues here in Miami, that I keep telling myself to soak it all in; pay attention to them as well and keep building these relationships. I tell myself that, no matter how overwhelmed or busy I might become once the move happens, I will need these faces and these friendships more than ever. It's so hard to attempt to be present when half of me is already 8 months in the future wondering how I'm gonna do this.

So here I am, on a flight, which I've paid WAY too much money

for internet usage on but I'm only 2 hours in with 3.5 hours to go so that \$7 for one hour of Internet seemed worth it. Have I mentioned I hate flying? I LOVE travel. I hate flying. Maybe one day I'll open that wound and talk about why I hate flying but for now I'm feeling way too vulnerable. Therefore, I will instead try to focus on finding my "happy place". I do this on every flight. If I can't sleep or get lost in a book or there's no movie playing, then it's up to me to take my mind off the fact that I'm in the air, which, after ALL the dang travel I've done you'd think I'd be used to by now but I'm not. I once sobbed like a wee baby out of pure fear while flying over the Alps on my way to Italy (did I mention I was 19 at the time?). I've been known to grab onto the hands/arms of complete strangers while going through rough turbulence as my fear is that intense. For several days before a flight, I get into a bit of a dark place as my fear and anxiety start to take over a little bit. But, I'm proud to say, that even with all this fear of flying, I still get on the G. D. plane. What gets me through is a lot of praying and a lot of "happy" list making. My "happy" list is exactly as it sounds; a list of things, big or small, that make me happy. I don't usually include the obvious things like my beloved daughter and husband because, well, if it's not obvious by now that they are number one on that list I got some 'splainin' to do.

So here's my latest list of the most recent top 6 items making it to my "happy" list. I hope y'all have a great week. Sending love and Bloody Mary's from 10,000 feet. xox

Happy List:

1. Le Creuser/This American Bite/My first win – If you follow Jewhungry on Facebook, you might have seen that I won the 2013 Most Inspiring Recipe contest being hosted by Yosef over at This American Bite. I'm not sure who nominated me but it shockingly wasn't myself and even more shocking? I won! I've never won anything before so that fact that I won a recipe contest still blows my mind PLUS the fact that I won a 5 qt.

Le Creuset Dutch Oven! I'm still so grateful/excited I could pee a little.

2. The hubby and I saw The Secret Life of Walter Mitty on my last day of winter break. We were exhausted and a little vulnerable due to the fact that the kiddo had a bout of sleep-regression, which I'm happy to report is no longer an issue. We were hoping to see a "feel good" movie and this one absolutely fulfilled our expectations. Go see it. You will not regret it.

3. It dipped down into the 40s last week in Miami. I made potato leek soup. We pulled out the down comforter, put on a movie and snuggled on a school night. 'Twas awesome.

4. I signed on the dotted line and hired a real life designer, Sara Bee Jensen, to upgrade the blog. She's super talented and inspiring. I "met" her through my girl Maggie over at The Rural Roost. Sara redesigned Maggie's site and the work was so beautiful I knew I needed to get over myself and hire her. For inspiration, Sara asked me to make a board on Pinterest of colors, fonts, textures, styles that inspire me. I had so much fun with that I can't even describe it. It was like a creativity high. It also is very clear to me that I shouldn't fight it anymore, I love neon pink. Thank you Miami.

5. Collaborations are coming. More cooking. More opportunities. It's such an honor and such a privilege. Gets me giddy just thinking about it.

6. Beer in food.



THE CHOP



VEGGIES IN THE POT



Sweet Potato + Black Bean {Beer} Chili

Ingredients:

- 4 Tbsp of olive oil
- 2 Sweet potatoes, peeled and chopped small
- 1 Medium purple onion, chopped
- 3 Cloves of garlic, diced
- 1 Orange, yellow or red pepper, chopped
- 1 Bottle of beer
- 2 Cans of diced tomatoes
- 1 Can of black beans
- 1/2 a Cup of frozen corn
- 2 Tbsp Cumin
- Kosher salt
- Pepper
- Sriracha
- Juice of half a lime
- Handful of cilantro. Chopped
- Cheddar cheese
- Sour cream



Before the toppings

How

Place oil in a large stock pot over medium heat. Place onions in pot and sauté for about 3 -4 minutes or until translucent. Add the garlic and sauté another minute. Next, add the peppers and sauté for another 2 minutes. Add sweet potatoes, cumin, salt and pepper and sauté for roughly 5 – 6 minutes or until sweet potatoes start to turn a bit golden.

Once you've sautéed your veggies and spices together and they've become nice and fragrant, add the entire contents of the beer (aside from the obvious sips you've taken to "test" it out. If you don't want to include beer, feel free to deglaze with 2 cups of veggie broth instead). Stir the veggies and beer and let sit for a minute. Next, add your canned tomatoes and beans. I do not strain my beans but that's up to you. Mix all together. If you want more of a "soupy" chili, add a cup of water. Let the chili simmer on low for about 10 – 12 minutes, stirring occasionally making sure to taste along the way to adjust seasoning to your liking. After 10 – 12

minutes, add your frozen corn and a hit of Sriracha, stir and continue to let simmer over low heat for another 10 – 12 minutes. After a total of 20 – 25 minutes of simmer time, check your sweet potatoes for softness. If potatoes are still a bit hard, let sit another 5 minutes or so until desired softness. This will vary depending on how small you chopped your potatoes.

Once chili is almost done, go ahead and squeeze the juice of half a lime in there to give it a hit of acid. Scoop completed chili into bowl and top with your favorite fixin's (or "toppings" for you Yankees), which is my favorite part of chili.



Ahh yes, the fixin's.