

Chili-Topped Potatoes

4 large baking potatoes
2 teaspoons vegetable oil
1-1/2 cups diced onions
1 cup diced sweet potatoes
1 cup diced carrots
1 clove garlic, minced
1 tablespoon chili powder
1 can (28oz) whole tomatoes
1 cup chicken stock, defatted
¾ cup mild or medium salsa
1 can (19 oz) red kidney beans, rinsed, drained
1 cup corn kernels

1. Bake or microwave potatoes until ready.
2. Heat oil in 3-quart pot over medium-high heat.
Add onions, peppers, carrots and garlic.
Saute for 5 minutes or until vegetables are tender.
3. Stir in chili powder. Saute for 1 minute, stirring constantly.
4. Drain tomatoes, saving ½ the liquid. Add the liquid, chopped tomatoes, chicken stock and salsa to pot. Bring to a boil
5. Reduce heat, simmer for 10 minutes until mixture thickens slightly. Stir occasionally.
6. Add beans and corn. Simmer for 5 minutes.
7. Cut potatoes lengthwise and fluff with fork. Serve topped with chili.