

# THE GENNY

## Weekly Sales through Sept. 24th



Yogi  
Teas  
\$3.99  
Both Stores



Bar Harbor  
Clam Chowder  
2 for \$5  
Craftsbury



Progresso  
Canned Soups  
2 for \$5  
Both Stores



Full Circle  
Organic Canned Beans  
\$0.99  
Both Stores



Ritz  
Crackers, all flavors  
2 for \$6  
Both Stores



Newman's Own  
Juice Blends  
\$2.39  
Both Stores



Cabot  
Light Whipped Cream  
2 for \$5  
Both Stores



Xtra  
67.5 oz. Detergents  
\$3.29  
Albany



Dashe  
Dry Creek Valley Zinfandel  
\$19.99  
Craftsbury



June Shine  
Hard Kombuchas  
\$5.29  
Both Stores



Progresso  
Breadcrumbs  
\$2.29  
Craftsbury



Hamburger Helper  
Cheeseburger Flavor  
2 for \$3  
Albany

## Sweet Potato Black Bean Chili

Recipe & Photo by What's Gaby Cooking

### Ingredients

2 tablespoons olive oil  
1 large sweet potato, peeled, diced  
1 large red onion, diced  
4 cloves garlic, roughly chopped  
2 tablespoons chili powder  
1/2 tsp. ground chipotle pepper  
1/2 teaspoon ground cumin  
1/4 teaspoon kosher salt  
3 1/2 cups vegetable stock  
1 15-ounce cans black beans,  
rinsed and drained  
1 14.5-ounce can fire roasted diced  
tomatoes  
1/2 cup dried quinoa  
4 teaspoons lime juice  
Topping suggestions: avocado,  
cilantro, crema, grated cheese



### Preparation

- Heat a large heavy bottom pot with the oil over medium high heat.
- Add the sweet potato and onion and cook for about 5 minutes, until the onion is softened. Add the garlic, chili powder, chipotle, cumin and salt and stir to combine.
- Add the stock, tomatoes, black beans and quinoa and bring the mixture to a boil. Stir to incorporate.
- Cover the pot and reduce the heat to maintain a gentle simmer.
- Cook for 30-40 minutes until the quinoa is fully cooked and the sweet potatoes are soft and the entire mixture is thick like a chili.
- Add the lime juice and remove the pot from the heat. Season with salt as needed.
- Garnish with avocado, cilantro, crema or cheese before serving.