



Quinoa Chili

INGREDIENTS

3 cups cooked quinoa
2 Tbsp extra virgin olive oil
1 large onion, diced
6 cloves garlic, minced
1 red pepper, diced
1 green pepper, diced
1 yellow pepper, diced
2 (14.5 oz) cans crushed tomatoes
1 (15 oz) can tomato sauce
1 box chicken stock (4 cups)
1 can Ro-Tel
3 Tbsp chili powder
2 tsp ground cumin
1 tsp granulated sugar
Salt and freshly ground black pepper, to taste
2 (15 oz) cans kidney beans, drained and rinsed
2 (15 oz) can black beans, drained and rinsed
3 cups fresh or frozen corn
1 bunch cilantro, chopped
Juice of 2 limes

INSTRUCTIONS

1. Cook 1 cup of dry quinoa as package directs.
2. Dice onion and bell peppers. Set aside.
3. Dice garlic. Set aside.
4. Heat olive oil in a large pot over medium-high heat. Once oil is hot add onion and bell peppers and saute until tender, about 7 minutes, adding in garlic during last 30 seconds of sautéing.
5. Season with salt and pepper.
6. Add the chicken stock and bring to a simmer. Simmer until onions and peppers are soft.
7. Add in crushed tomatoes, tomato sauce, Ro-Tel tomatoes, chili powder, cumin, sugar, season with additional salt and pepper to taste.
8. Bring mixture to a boil, then reduce heat to a simmer, cover pot and allow to simmer 30 minutes.
9. Add in beans, corn, cilantro and lime and cook until heated through.
10. Serve warm with optional toppings and sides (cheddar, sour cream, diced avocados, saltine crackers or tortilla chips).

Makes 20, 1 Cup servings