

Vegetarian Chili



INGREDIENTS

- ¾ cup uncooked quinoa, rinsed
- 1½ cups water
- 1 Tbsp. canola oil
- 1 onion, chopped
- 1 Tbsp. chili powder
- ½ tsp. ground cumin
- 1 (28 oz.) can crushed tomatoes
- 1 (15 oz.) can tomato sauce
- 2 (19 oz.) cans black beans, rinsed and drained
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 jalapeno, minced, with seeds for spicy chili
- 1 Tbsp. minced chipotle peppers in adobo sauce
- 1 tsp. dried oregano
- Pinch of salt and pepper to taste
- 1 cup frozen corn
- ¼ cup fresh cilantro, chopped

DIRECTIONS

1. Add quinoa and water to a saucepan over high heat and bring to a boil. Reduce heat to medium-low, cover, and simmer until tender and water is absorbed, 15-20 minutes; set aside.
2. Meanwhile, heat the vegetable oil in a large pot over medium heat. Stir in onion and cook until it turns translucent, about 5 minutes.
3. Add garlic, chili powder, and cumin; cook and stir 1 minute to release flavors. Add the tomatoes, beans, all 4 types of peppers, zucchini, and oregano. Bring to a boil, reduce heat to low, cover, and simmer 20 minutes. Add a small amount of water, as needed to thin chili.
4. After 20 minutes, stir in corn and quinoa. Simmer until heated through, about 5 minutes. Remove from heat and stir in cilantro.



NUTRITION FACTS

6 servings

Calories: 360

Fat: 6 g

Sodium: 60 mg

Total Carbohydrate: 62 g

Protein: 19 g