



Vegetarian Quinoa Chili

Yield: Serves 10-12

This hearty chili is made with beans, vegetables, and quinoa. A vegetarian's delight that a meat lover will enjoy too.

Ingredients:

- 1/2 cup uncooked quinoa, rinsed
- 1 cup water
- 1 tablespoon olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 jalapeno pepper, diced, seeded
- 1 large carrot, washed and chopped
- 2 celery stalks, chopped
- 1 yellow bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1 medium zucchini, chopped
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 (15 ounce) can red kidney beans, drained and rinsed
- 3 (15 ounce) cans diced tomatoes
- 1 (15 ounce) can tomato sauce
- 1 large bunch of kale or Swiss Chard, deveined and thinly sliced (optional)
- 2-3 tablespoons chili powder, depending on your taste
- 1 tablespoon ground cumin
- Salt and black pepper, to taste

Optional garnish/toppings: chopped green or purple onions, avocado slices, cheese, Greek yogurt, tortilla chips, hearty whole grain bread

Directions:

1. In a medium sauce pan, combine the quinoa and water. Cook over medium heat until water is absorbed, about 15 minutes. Set aside.
2. In a large pot, heat the olive oil over medium high heat. Add the onion and cook until tender, about 5 minutes. Stir in garlic, jalapeño, carrot, celery, peppers, and zucchini. Cook until vegetables are tender, about 10 minutes.
3. Add the black beans, kidney beans, kale, tomatoes, and tomato sauce. Stir in the cooked quinoa. Season with chili powder, cumin, salt, and black pepper. Simmer chili on low for about 30 minutes. Serve warm.

Garnish with desired toppings. This chili freezes well.

Compliments of www.twopeasandtheirpod.com