



Simple | Healthy | Delicious

Black Bean and Quinoa Chili

INGREDIENTS

1 c Nature's Earthly Choice Quinoa; rinsed and drained
1 lg Onion; diced
1 Green bell pepper; seeded
1 c Celery; chopped
1 Jalapeno pepper; seeded
2 Tomatoes; cored and diced
1 c Carrots; diced
32 oz Black beans, canned; drained
28 oz Canned crushed tomatoes
1 tb Dried oregano
2 ts Ground cumin
1/2 ts Black pepper
1/2 ts Salt
4 Green onions; chopped
1 tb Dried parsley
1 tb Chili powder
2 c Water
1 tb Vegetable oil



DIRECTIONS:

1. Combine quinoa and water in saucepan, cover and bring to a simmer over medium heat. Cook until liquid is absorbed, about 15 to 20 minutes. Remove from heat and let stand about 10 minutes. Meanwhile, heat oil in a saucepan; add onion, bell pepper, celery and jalapeno. Saute 7 minutes over medium heat. Stir in fresh tomatoes and carrots; saute 3 to 4 minutes. Stir in beans, crushed tomatoes, and seasonings; cook about 25 minutes over low heat. Ladle chili into bowls and top with green onions if desired. Makes 8 servings.