



Simple | Healthy | Delicious

Quinoa and Roasted Red Pepper Chili

INGREDIENTS

2 red bell peppers
2 poblano chiles
4 teaspoons olive oil
3 cups chopped zucchini
1 1/2 cups chopped onion
4 garlic cloves, minced
1 tablespoon chili powder
1 teaspoon ground cumin
1/2 teaspoon Spanish smoked paprika
1/2 cup water
1/3 cup uncooked Nature's Earthly Choice Quinoa, rinsed
1/4 teaspoon kosher salt
1 (14.5-ounce) can fire-roasted diced tomatoes with chipotles, undrained
1 (15-ounce) can no-salt-added pinto beans, rinsed and drained
1 cup low-sodium vegetable juice



DIRECTIONS:

1. Preheat broiler.
2. Cut bell peppers and chiles in half lengthwise; discard seeds and membranes. Place halves, skin sides up, on a foil-lined baking sheet, and flatten with hand. Broil 10 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand 10 minutes. Peel and coarsely chop.
3. Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add zucchini, onion, and garlic; sauté 4 minutes. Stir in chili powder, cumin, and paprika; sauté for 30 seconds. Add roasted peppers and chiles, 1/2 cup water, and remaining ingredients; bring to a boil. Reduce heat to medium-low; cover and simmer for 20 minutes or until quinoa is tender.