



Simple | Healthy | Delicious

Spicy Quinoa Chili

INGREDIENTS

1 large onion, chopped
4 cloves garlic, minced
2 Tbsp olive oil
28 oz. fat-free, low-sodium chicken
10 oz of diced tomatoes with green chili peppers
3 tsp cumin powder
2 tsp chili powder
1 tsp ground coriander
1 cup Nature's Earthly Choice Quinoa, rinsed and drained
4 plum tomatoes, seeded and chopped



DIRECTIONS:

1. Heat olive oil over medium-high heat.
2. Saute onion & garlic until onion is slightly translucent and tender.
3. Stir in broth, water, canned tomatoes (including the liquid from the can), cumin, chili powder and coriander.
4. Gently stir in the rinsed quinoa.
5. Bring mixture to a boil.
6. Reduce heat to low and cover.
7. Simmer for about 20-25 minutes or until quinoa is tender.
8. Remove from heat, stir in fresh tomatoes.
9. If desired, you can garnish with chopped green onions, shredded cheese or low-fat sour cream.