



Simple | Healthy | Delicious

Super Grain Chili



INGREDIENTS

1 cup Nature's Earthly Choice Super Grain Blend
1 Tbsp. olive oil
3 cloves garlic, minced
1 onion, diced
2 (14.5 oz.) diced tomatoes
1 (15oz.) can tomato sauce (no salt added)
1 (4.5oz.) diced green chilies
1 ½ Tbsp. chili powder, to taste
2 tsp. ground cumin
1 ½ tsp. paprika
½ tsp. cayenne pepper
Kosher salt and ground pepper, to taste
1 (15oz.) can kidney beans and 1 (15oz.) can black beans (no salt), drained and rinsed
1 ½ cup corn kernels, no salt
3 Tbsp. chopped fresh cilantro leaves
Juice of 1 lime, optional
1 avocado, halved, seeded, peeled and diced (optional)

DIRECTIONS:

1. In a large saucepan of 2 cups water, cook Super Grain Blend according to package instructions; set aside.
2. Heat olive oil in a Dutch oven or large pot over medium high heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes.
3. Stir in Super Grain Blend, diced tomatoes, tomato sauce, green chilies, chili powder, cumin, paprika, cayenne pepper and 1-2 cups water, making sure to cover most of the ingredients; season with salt and pepper, to taste.
4. Reduce heat to low; simmer, covered, until thickened, about 30 minutes. Stir in beans, corn, cilantro and lime juice.
5. Serve immediately with avocado, if desired.