

Black Bean and Quinoa Chili



simple
healthy
delicious

Ingredients

- 1 cup Nature's Earthly Choice™ Quinoa; rinsed and drained
- 1 large Onion; diced
- 1 Green bell pepper; seeded
- 1 cup Celery; chopped
- 1 Jalapeno pepper; seeded
- 2 Tomatoes; cored and diced
- 1 cup Carrots; diced
- 32 oz Black beans, canned; drained
- 28 oz Canned crushed tomatoes
- 1 tablespoon Dried oregano
- 2 teaspoon Ground cumin
- ½ teaspoon Black pepper
- ½ teaspoon Salt
- 4 Green onions; chopped
- 1 tablespoon Dried parsley
- 1 tablespoon Chili powder
- 2 cup Water
- 1 tablespoon Vegetable oil

Serving for: 8

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.