

Spicy Quinoa Chili

simple
healthy
delicious

Ingredients

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

Serving for: 10

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.

