

Quinoa Chili

15 ingredients · 45 minutes · 5 servings



Directions

1. Follow the instructions on the packaging to cook the quinoa using the broth instead of water. Set cooked quinoa aside.
2. Heat olive oil in a large pot. Add garlic and onion and cook for about 2-3 minutes until the onion becomes translucent.
3. Add quinoa, tomatoes, tomato sauce, green chilies, kidney beans, black beans, corn, chili powder, cumin, paprika, and cayenne pepper to the pot. Stir until ingredients are fully mixed.
4. Reduce heat to a simmer and cover. Chili will take roughly 30 minutes to cook.
5. Serve hot with any additional toppings you'd like and enjoy!

Notes

Sodium Content

The sodium content listed does NOT reflect the canned beans being rinsed before cooking meaning if you follow these instructions, the sodium content will be significantly reduced.

Recommended Toppings

Avocado, plain Greek yogurt (replaces sour cream), shredded cheese, lime juice, or cilantro.

Vegetarian

Substitute in vegetable broth for chicken broth to make the dish vegetarian.

Ingredients

- 1 cup Quinoa (Uncooked)
- 2 cups Chicken Broth
- 1 tbsp Olive Oil
- 3 Garlic Cloves
- 1 Sweet Onion (Chopped)
- 1 can Diced Tomatoes
- 1 can Tomato Sauce (15 oz.)
- 1 can Diced Green Chilies
- 1 can Red Kidney Beans (drain and rinse)
- 1 can Black Beans (drain and rinse)
- 1 cup Frozen Corn
- 1 1/2 tsps Chili Powder
- 2 tsps Cumin
- 1 1/2 tsps Paprika
- 1/2 tsp Cayenne Pepper

Nutrition

Amount per serving

Calories	408	Protein	19g
Fat	6g	Sodium	1596mg
Saturated	3g	Calcium	48mg
Polyunsaturated	2g	Iron	3mg
Monounsaturated	1g	Vitamin D	0IU
Carbs	74g	Folate	90µg

Fiber	17g	Vitamin B12	0µg
Sugar	12g		