



Quinoa Chili

Quinoa Chili Ingredients

- 1 cup quinoa
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 onion, diced
- 2 (14.5-ounce) cans diced tomatoes
- 1 (15-ounce) can tomato sauce
- 1 (4.5-ounce) can diced green chilies
- 1 & 1/2 tablespoons chili powder, or more, to taste
- 2 teaspoons ground cumin
- 1 & 1/2 teaspoons paprika
- 1/2 teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper, to taste
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 1/2 cups corn kernels, frozen, canned or roasted
- 3 tablespoons chopped fresh cilantro leaves
- Juice of 1 lime
- 1 avocado, halved, seeded, peeled and diced

1. Cook quinoa according to package instructions; set aside.

2. In large pot, heat olive oil over medium high heat. Add garlic and onion and cook, stirring frequently, until onions have become translucent (about 2-3 minutes).

3. Stir in quinoa, 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 until heated through (about 2 minutes).

5. Serve immediately and top with avocado.