Recipe of the Week
Quinoa Chili

Ingredients:
• 1 tablespoon extra-virgin olive oil
• 1 medium onion, chopped
• 2 cloves garlic, minced
• 1 large green or red bell pepper, chopped
• 1 teaspoon dried oregano
• ¼ teaspoon ground cinnamon
• 2 teaspoons cumin
• 2/3 cup quinoa, rinsed in warm water and drained
• 1 cup of water
• 1 cup corn, fresh (2-3 ears) or frozen
• 1 can (15 ounces) tomato sauce
• 2 cans (15 ounces) kidney beans, drained and rinsed
• Salt to taste
• Grated cheddar cheese or sour cream for garnish (optional)

Directions:
1. Heat oil in a large pot over medium heat.
2. Add onion, garlic, bell pepper and spices; sauté for 5-10 minutes.
3. Add rinsed quinoa and stir in.
4. Add corn, tomato sauce and water to onion/quinoa mixture.
5. Simmer together 20 minutes.
6. Add rinsed beans to other ingredients; simmer another 10 minutes.
7. Salt and pepper to taste.
8. Top each bowl with a sprinkle of grated cheese or sour cream if desired.

Serves 6
280 calories, 5 g fat, 0.5 g saturated fat, 49 g carbohydrate, 12 g fiber, 13 g protein, 900 mg sodium
Source: Linus Pauling Institute