



*Simple,
Seasonal,
Sustainable*

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

