Quinoa Chili
Cumin and cinnamon add a flavorful kick to this crowd-pleasing dish rich in iron, vitamin C and fiber.

Serves 6

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
- ⅔ 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.

Recipe adapted from Cynthia Lair’s Whole Foods for the Whole Family.