

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)

Nutrition Facts

Serving Size About 1 cup
Servings Per Recipe 6

Amount Per Serving

Calories 280 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 0.5g **3%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 900mg **38%**

Total Carbohydrate 49g **16%**

 Dietary Fiber 12g **48%**

 Sugars 9g

Protein 13g

Vitamin A 25% • Vitamin C 80%

Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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*.

