Vegetarian Quinoa Chili

Recipe modified by Jessica Shapiro, MS RD CDN
http://www.twopeasandtheirpod.com/vegetarian-quinoa-chili/

This hearty chili is made with beans, vegetables, and quinoa. Meat lovers and vegetarians will love this chili!

Yield: Serves 11 (12.4 oz serving)
Total Time: 55 minutes

Ingredients:

- 1/2 cup quinoa or bulgur, rinsed
- 1 cup water
- 1 tablespoon olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 jalapeno pepper, diced
- 1 large carrot, peeled and chopped
- 2 celery stalks, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 (15 ounce) can red kidney beans, drained and rinsed
- 3 (15 ounce) cans diced tomatoes (no salt added)
- 1 (15 ounce) can tomato sauce (consider low sodium option)
- 2-3 tablespoons chili powder, depending on your taste
- 1 tablespoon ground cumin
- Black pepper, to taste
- Optional toppings: green onions, avocado slices, cheese, sour cream, Greek yogurt, chips, crackers, etc.

Nutrition Facts
Serving Size:1 serving (350.4g)
Servings:1

Amount Per Serving	
Calories 220	Calories from Fat 25
	% Daily Value
Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Potassium 920mg	26%
Total Carbohydrate 40g	13%
Dietary Fiber 12g	49%
Sugars 6g	
Protein 13g	

Vitamin A 40% • Vitamin C 60%
Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet

Directions:

1. In a medium sauce pan, combine the quinoa and water. Cook over medium heat until water is absorbed, about 15 minutes. Set aside.
2. In a large pot, heat the olive oil over high heat. Add the onion and cook until tender, about 5 minutes. Stir in garlic, jalapeño, carrot, celery, peppers, and zucchini. Cook until vegetables are tender, about 10 minutes.
3. Add the black beans, kidney beans, tomatoes, and tomato sauce. Stir in the cooked quinoa. Season with chili powder, cumin, salt, and black pepper. Simmer chili on low for about 30 minutes. Serve warm.

Note- This chili freezes well.

Nutrition Note: Sodium content is as a result of using a tomato sauce with sodium. Sodium content will go down to 88 mg when using no salt added tomato sauce.