



MIXED BEAN AND QUINOA CHILI

Serves 6

2/3 cup quinoa
1 tablespoon extra virgin olive oil
1 cup onion, chopped
1 teaspoon kosher salt
1 cup red bell pepper, chopped
1 teaspoon cumin
1 teaspoon dried oregano
1/4 teaspoon cinnamon
1/4 teaspoon cayenne
1 cup frozen corn
1 cup Marinara sauce
2 cups vegetable broth
2 garlic cloves, grated
2 cups assorted beans, drained and rinsed

In a mesh strainer rinse the quinoa until the water runs clear.

Heat the oil in a large pot.

Add the onion, salt, bell pepper, cumin, oregano, cinnamon and cayenne, saute about 8-10 minutes.

Add the quinoa, corn, tomato sauce, vegetable broth and garlic.

Stir and bring to a simmer, cook about 20 minutes.

Add the beans and simmer another 10 minutes.