

Vegan Quinoa Chili



Time: 50 min.

Difficulty: Easy

Ingredients (4 people or more)

- - Organic chopped tomatoes 750g 2 cups
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 - 1 jalapeno, sliced optional
 - Black beans, drained and rinsed 1 15-oz can
 - Extra virgin olive oil to taste
 - Fresh parsley for garnish
 - Garlic cloves, chopped 4
 - Ground chili pepper 3 tsp
 - Ground cumin 1 tsp
 - Kidney beans, drained and rinsed 1 15-oz can
 - Large green bell pepper, chopped ½
 - Low-sodium vegetable broth 4 cups
 - Quinoa (uncooked) ½ cup
 - Salt and pepper to taste
 - Sweet paprika 1 tsp
 - Water 1 cup
 - Yellow onion, chopped ½

For this recipe we used:



Preparation

This **vegan quinoa chili is every bit a satisfying warm-your-heart meal** Layers of flavor from spices and Pomì Organic Chopped Tomatoes.

1. In a small saucepan, combine quinoa and water. Cook over medium heat for about 10 to 15 minutes until the water is absorbed (quinoa will be partially cooked). Remove from heat and set aside till later.
2. In large saucepan or pot, heat 2 tbsp extra virgin olive oil over medium heat until shimmering but not smoking. Add onions, garlic, and peppers. Cook for 4 minutes or so, tossing regularly until softened.
3. Add **Pomì Organic Chopped Tomatoes**, broth, and spices. Season with salt and pepper. Bring to a boil
4. Stir in black beans, kidney beans, and quinoa. Lower heat and let simmer for 25 minutes.
5. Remove from heat. Stir in parsley and jalapeno slices, if using. Transfer to serving bowls. Enjoy!

Recipe by Suzy Karadsheh of TheMediterraneanDish.com

- *The Mediterranean Dish*