

SMOKIN' POWERHOUSE CHILI

Preparation time: 30 minutes
Cooking time: 1 hour 15 minutes
Servings: 6 (1 cup per serving)



INGREDIENTS

1 $\frac{1}{8}$ cups chopped onions (1 medium onion)
2 tsp minced garlic (2 cloves)
 $\frac{3}{4}$ cup low sodium vegetable stock ($\frac{1}{2}$ of a 14 oz can)
1 $\frac{1}{4}$ cups chopped carrots (2 medium carrots)
 $\frac{1}{2}$ cup chopped red bell pepper (1 small red pepper)
 $\frac{1}{2}$ tsp ground chipotle pepper
1 cup chopped sweet potatoes (1 small)
1 $\frac{3}{4}$ cup diced low sodium tomatoes (1 can)
1 cup low sodium tomato sauce (8 oz can)
3 $\frac{3}{4}$ Tbsp fresh cilantro, chopped ($\frac{1}{2}$ bunch)
2 $\frac{1}{2}$ tsp chili powder
2 $\frac{1}{2}$ tsp ground cumin
 $\frac{1}{4}$ tsp salt
2 cups canned black beans, rinsed, drained (1 $\frac{1}{2}$ cans)
 $\frac{1}{2}$ cup frozen corn, thawed ($\frac{1}{3}$ of a 12 oz bag)
 $\frac{2}{3}$ cup dry quinoa
2 cups water

DIRECTIONS

1. Cut onion and bell pepper into $\frac{1}{4}$ -inch cubes. Peel and cut carrots and sweet potatoes into $\frac{1}{2}$ -inch cubes.
2. Sauté onions and garlic for 2 minutes in a medium non-stick skillet. Pour sautéed onions and garlic into a 3 qt Dutch oven pot. Add half of the vegetable stock and bring to a boil.
3. Add carrots, red bell pepper, and ground chipotle, reduce heat and simmer uncovered for 10 minutes.
4. While vegetables are simmering, steam sweet potatoes in a vegetable steamer basket for 15 minutes or until fork tender.
5. Add remaining vegetable stock to pot along with diced tomatoes, tomato sauce, cilantro, chili powder, cumin and salt. Simmer, stirring occasionally allowing mixture to thicken and flavors to blend for about 15 minutes.
6. Add black beans, corn and steamed sweet potatoes and simmer uncovered for 10-15 minutes. Serve hot at 140°F.
7. Prepare quinoa by rinsing it in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and water in small pot and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, usually 15 minutes. When done quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff with fork and set aside. One $\frac{1}{4}$ cup of quinoa can be served as a side dish with the chili.