

QUINOA CHILI WITH SWEET POTATOES

Preparation: 15 minutes | Cooking: 15 minutes | Servings: 5

INGREDIENTS

2 sweet potatoes, peeled and cut into pieces
2 poblano peppers, diced (sub: jalapeno peppers)
1 medium yellow onion, diced
1 can diced tomatoes
1 can diced green chilies
1 can pinto beans
4 cups unsalted vegetable broth
2 cups water
1 cup quinoa
1 tablespoon olive oil

1 tablespoon chili powder
2 teaspoons ground cumin
½ teaspoon salt



INSTRUCTIONS

Heat oil in a large pot over medium-high heat. Add sweet potatoes and cook, stirring occasionally, until slightly softened and lightly charred, about 6-7 minutes. Add onions and peppers, cook and stir until softened. Add garlic, chili powder and cumin, and let simmer for a minute. Add broth, tomatoes, green chilies and 1 cup water. Cover, increase heat to high and bring to a boil. Stir in quinoa, beans and salt. Reduce heat to medium, cover and simmer, stirring occasionally, until the quinoa is tender, and add the remaining cup of water during the last 3 minutes of cook time. Garnish with your desired toppings and enjoy!