



Black Bean Quinoa Chili with Sweet Potatoes

Makes about 6 servings (1 cup serving size)

Courtesy of Shelley Stophlet

One 29 oz. can no salt added black beans, rinsed and drained

One 6 oz. can tomato paste, reduced sodium

One 15 oz. can fire roasted diced tomatoes

32 oz. vegetable stock, reduced sodium

1 onion, chopped

5 cloves garlic, minced

1 tablespoon chili powder

1 tablespoon cumin

1 teaspoon oregano

1 tablespoon olive oil

1 medium sweet potato, peeled and cut into bite-sized chunks

1 cup quinoa

Black pepper to taste

Avocado and chopped cilantro for garnish (optional)



***For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmhealthconnect.org***

Directions

Heat the oil in a large heavy soup pot over medium low heat. Add the onions and cook until soft and they start to turn brown (about 10 minutes). Add the garlic and cook for about 2 minutes. Add the tomato paste, fire roasted tomatoes, chili powder, cumin, oregano and chicken stock and cook for about 2 minutes, stirring constantly. Add the beans and potatoes and cook for about 5 minutes, then add the quinoa. Continue cooking for about 15 to 30 minutes, stirring frequently, until quinoa and potatoes are cooked and the chili has thickened. Add a bit of water if the chili becomes too thick for your liking. Top with avocado and chopped cilantro.

NUTRITION INFORMATION

PER 1 CUP SERVING:

Calories	339
Carbohydrates	60 g
Fiber	10 g
Protein	19 g
Fat	6g
Sodium	350 mg

Cost per serving: \$ 1.35