

Best Ever Quinoa Chili

{Vegan & Gluten Free}



Prep Time: 5 minutes

Cook Time: 40 minutes

Total Time: 45 minutes

Yield: 6 servings

INGREDIENTS:

- 1 cup quinoa, soaked overnight and rinsed
 - 2 (15 ounce) cans black beans, drained and rinsed*
 - 1 (15 ounce) can red beans, drained and rinsed*
 - 2 (14.5 ounce) cans diced tomatoes
 - 8 ounces tomato sauce
 - 3 cups vegetable broth
 - 1 yellow onion, diced
 - 2 bell peppers (I used one red and one green), diced
 - 3 cloves garlic, minced
 - 2 jalapenos, diced
 - 1 cup corn kernels, fresh or frozen
 - 1 tablespoon extra-virgin olive oil
 - 1 tablespoon vegan Worcestershire
 - 1 tablespoon cumin
 - 1 tablespoon chili powder
 - 1 teaspoon ground coriander
 - 1 teaspoon dried oregano
 - 1 teaspoon ground chili chipotle
 - 1 teaspoon maple syrup
 - Salt & pepper to taste
- (I added 2 leeks and 1 diced potato)**

Instructions:

1. Heat the olive oil in a large pot (or Dutch oven) over medium heat. Add the onion and garlic and sauté for about five minutes.
2. Then add the peppers and spices and cook for another five minutes.
3. Next, add all of the remaining ingredients to the pot (minus the corn) and bring to a boil. Reduce heat to low and allow to simmer for thirty minutes.
4. Add the corn and continue to simmer for ten more minutes. Serve warm and enjoy!