

Quinoa and Roasted Pepper Chili

Hands-on Time	Total Time	Yield
25 Mins	45 Mins	Serves 4 (serving size: 1 1/2 cups)

David Bonom December 2011

Quinoa holds strong as one of our favorite ingredients for the healthy cook: a quick-cooking, gluten-free whole grain that's also a good source of protein. Quinoa is ideal in soups and stews because the grains don't soak up too much liquid. Here it adds body and texture to a smoky vegetarian chili. Chipotle chiles are jalapeños that have been dried and smoked. Start with 1 minced chile in about a tablespoon of the surrounding adobo sauce, then add more according to your heat preference.

Ingredients

2 red bell peppers

2 poblano chiles

4 teaspoons olive oil

3 cups chopped zucchini

1 1/2 cups chopped onion

4 garlic cloves, minced

1 tablespoon chili powder

1 teaspoon ground cumin

1/2 teaspoon Spanish smoked paprika

1/2 cup water

1/3 cup uncooked quinoa, rinsed

1/4 teaspoon kosher salt

1 (14.5-ounce) can fire-roasted diced tomatoes with chipotles, undrained

1 (15-ounce) can no-salt-added pinto beans, rinsed and drained

1 cup low-sodium vegetable juice

How to Make It

Step 1 Preheat broiler.

Step 2 Cut bell peppers and chiles in half lengthwise; discard seeds and membranes. Place halves, skin sides up, on a foil-lined baking sheet, and flatten with hand. Broil 10 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand 10 minutes. Peel and coarsely chop.

Step 3 Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add zucchini, onion, and garlic; sauté 4 minutes. Stir in chili powder, cumin, and paprika; sauté for 30 seconds. Add roasted peppers and chiles, 1/2 cup water, and remaining ingredients; bring to a boil. Reduce heat to medium-low; cover and simmer for 20 minutes or until quinoa is tender.

Chef's Notes

MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more

Nutritional Information

Calories 258, Fat 6.3g, Satfat 0.9g,
Monofat 3.6g, Polyfat 1.2g, Protein 9.7g,
Carbohydrate 42.1g, Fiber 9.8g,
Cholesterol 0.0mg, Iron 3.7mg,
Sodium 430mg, Calcium 108mg.

information about creating a healthy plate, visit
www.choosemyplate.gov.