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## **Quinoa and Bean Chili**

### **Ingredients (Makes 6 servings):**

- 1 cup red quinoa, uncooked
- 2 15.-oz cans red kidney beans
- 2 15.-oz cans diced, no-salt-added tomatoes
- 2 cups water
- 1 medium onion, finely chopped
- 1 green bell pepper, finely chopped
- 1 jalapeño pepper, seeded and minced, or more to taste
- 1 bay leaf
- 2 tbsp finely chopped sun-dried tomatoes
- 2 tbsp olive oil
- 1 tbsp tomato paste
- 1 tbsp vegetable bouillon
- 1 tbsp lemon or lime juice
- 1 tbsp honey
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp ground chipotle powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/2 tsp ground black pepper

### **Directions:**

1. Add all ingredients to the slow cooker.
2. Cover and cook eight to 10 hours on low (or four to five hours on high).
3. Remove bay leaf and stir well before serving.