



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:

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

Per serving:

Calories: 315
Protein: 13g
Carbohydrate: 54g
Fiber: 12g
Fat: 7g
Saturated fat: 1g
Cholesterol: 0mg
Sodium: 490mg