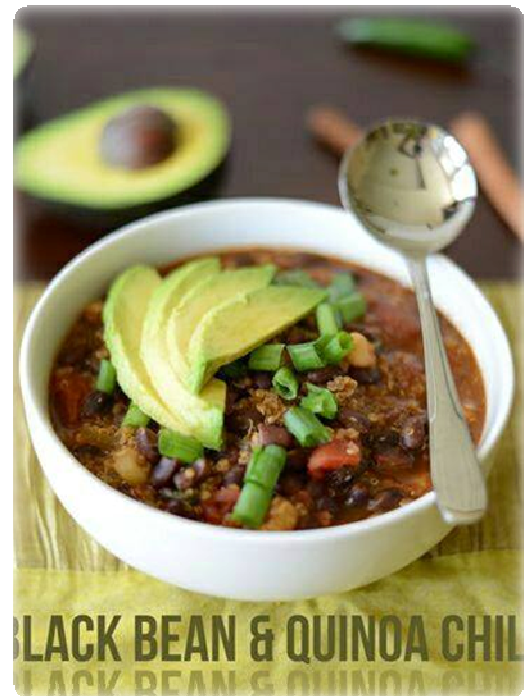


Meal:	Comfort food
Category:	Very easy
Time:	20 min prep; 60 min cooking

Black Bean & Quinoa Chili

Ingredients

- 3 can black beans, low sodium, rinsed
- 1 cup quinoa, uncooked, rinsed
- 3 cups vegetable stock, low sodium
- 2 cups water
- 1 can hominy or yellow sweet corn, rinsed
- 1 can diced tomatoes
- 1 tablespoon fresh cilantro, chopped
- 1 poblano pepper, finely diced
- 1 tablespoon minced garlic
- 1 green pepper, chopped
- 1/2 medium onion, diced
- 1 cinnamon stick
- 2-3 tablespoons chili powder
- 1 teaspoon cumin powder
- 1 teaspoon onion powder
- 1/2 teaspoon ground pepper
- 1/2 teaspoon salt



Directions

Place all ingredients in a large pot. Turn heat to medium/high and bring to a rolling boil. Then, cover and let simmer on low for about an hour. Serve with diced green onions and avocado.

Nutritional Information

Gluten free

1 serving (approx):

- 248 calories
- 12.5 g protein
- 2.2 g fat
- 47.1 g carbohydrates
- 8.5 g of fibre
- 3 g sugar