

QUINOA & ROASTED PEPPER CHILI

- 2 red bell peppers
- 2 poblano chiles
- 4 teaspoons olive oil
- 3 cups chopped zucchini
- 1½ cups chopped onion
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon Spanish smoked paprika
- ¼ teaspoon kosher salt
- ½ cup vegetable broth
- ⅓ cup uncooked quinoa, rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes with chipotles, undrained
- 1 (15 oz) can no-salt-added pinto beans, rinsed and drained
- 1 cup low-sodium vegetable juice

Directions

- 1. Stovetop:** Saute vegetables in olive oil over medium heat in a stock pot until tender.
2. Add spices, then quinoa, tomatoes with chipotles, pinto beans, juice and broth; bring to a boil. Simmer for 20-30 minutes until the quinoa is tender.
- 3. Slow Cooker:** Add all ingredients to the slow cooker and cook on low for 4-5 hours.

