

Vegetable Quinoa Chili

CONSTIPATION RELIEF

25 Min. Prep | 30 Min. Cook |
Makes 1 Serving

Ingredients

- 2 Tbsp. extra virgin olive oil
- 1 onion, diced
- 2 carrots, diced
- 1 stalk celery, diced
- 1 pinch salt
- 1 pinch freshly ground black pepper
- 2 parsnips, peeled and diced
- 1 red bell pepper, seeded and diced
- 1 yellow bell pepper, seeded and diced
- 1 jalapeño pepper, seeded and minced
- 3 cloves garlic, minced
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1/2 tsp. dried oregano
- 1/4 tsp. ground cinnamon
- 1 3/4 lbs. canned whole tomatoes
- 3 cups low sodium vegetable broth
- 2 sprigs cilantro
- 1 1/2 cups pinto beans, drained and rinsed
- 1/2 cup quinoa

Toppings (Optional)

- 1 avocado
- 2 scallions
- 12 tortilla chips

Directions

1. Cook quinoa according to package directions.



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Directions cont.

2. In a large saucepan, heat the oil over medium-high heat. Add the onions, carrots and celery with a pinch of salt and pepper. Cook, stirring occasionally, until slightly softened, about 3 minutes.

3. Drop in the parsnips, bell peppers and jalapeños with another pinch of salt and pepper. Cook, stirring occasionally, for another 3-5 minutes or until the peppers and parsnips start to soften.

4. Add the garlic and spices; cook, stirring, until fragrant, about 1-2 minutes.

5. Scrape the vegetables to one side of the pot. Pour the tomatoes with their juices into the other side of the pot. Using kitchen scissors, cut the tomatoes into bite-sized pieces. Give everything a stir, then add the stock and cilantro sprigs. Stir again and bring to a boil. Cook at a gentle boil until slightly thickened, 5-10 minutes.

6. Add the pinto beans and cook 5-10 minutes longer, or until the vegetables are all softened.

7. Before serving, stir in the cooked quinoa and heat through. Taste and season with salt and pepper.

To Serve

Remove the cilantro sprigs, if you want. Serve with the toppings of your choice.



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Notes

Perfect for warming you up on chilly days.

Additional benefits:

- Loaded with nutrients.
- Excellent source of fiber.
- Helps lower cholesterol.

Nutrition Info

449 calories, 13g protein, 17g total fat,
2g saturated fat, 720mg sodium,
66g carbs, 19g fiber, 0g added sugars

