

# Vegetarian Quinoa Chili

## HERE'S WHAT YOU'LL NEED

- |   |   |
|---|---|
| 1 tablespoon olive oil                        | 1-1/2 teaspoons brown sugar                       |
| 3 tablespoons garlic, minced                  | 1/2 teaspoon cayenne pepper                       |
| 1 sweet onion, diced                          | 1/2 teaspoon ground coriander                     |
| 2 cups cooked quinoa                          | Salt and ground black pepper, to taste            |
| 2 (14.5-ounce) cans diced tomatoes undrained  | 1 (15-ounce) can kidney beans, drained and rinsed |
| 1 (15-ounce) can tomato sauce                 | 1 (15-ounce) can black beans, drained and rinsed  |
| 1 (4.5-ounce) can diced green chiles          | 1-1/2 cups corn kernels                           |
| 2 tablespoons chili powder, or more, to taste | Juice of 1 lime                                   |
| 2 teaspoons cumin                             | 1 avocado, halved, seeded, peeled and diced       |
| 1-1/2 teaspoons paprika                       |   |

## LET'S GET STARTED

1. Heat olive oil in a large pot over medium high heat. Add garlic and onion, stir until onions have become translucent, about 2-3 minutes.
2. Stir in quinoa, diced tomatoes, tomato sauce, green chiles, corn, beans, chili powder, cumin, paprika, sugar, cayenne pepper, and coriander.
3. Reduce heat to low; simmer, covered, until thickened, about 30 minutes.
4. Serve with avocado, cheese, sour cream, and lime.