

Black Bean Chili

Ingredients:

Vegetable oil	1 tablespoon
Onion, chopped	1 medium
Green pepper, chopped	1 medium
Black beans, drained & rinsed	1 can (540 mL)
Crushed tomatoes	1 can (796 mL)
Water	2 cups
Quinoa	1 cup
Pumpkin puree (NOT pumpkin pie “filling”)	1 can (398 mL)
Chili powder	1 tablespoon
Cumin	2 teaspoons
Paprika	2 teaspoons
Coriander (ground)	1 teaspoon
Cayenne	¼ teaspoon
Salt	1 teaspoon
Garlic powder	1 teaspoon



Directions:

1. Add vegetable oil to a large pot over medium-high heat. Add onion and green pepper. Cook until onion starts to soften, about 3 minutes.
2. Add all remaining ingredients to pot. Bring to a boil, then turn heat down to medium-low. Put lid on pot and cook for 30 minutes, stirring occasionally.

Serves 6

Tips:

- Try fresh sweet potato instead of canned pumpkin: Wash and peel a large sweet potato. Chop 2 cups for this recipe. You can also cook and mash sweet potato for baby!
- Quinoa (pronounced “keen-wah”) is a grain that is rich in protein and has a mild, nutty flavour. Try it as a side dish instead of rice, or as a hot cereal mixed with dried fruit.
- Add ½ cup–1 cup water while cooking if you prefer a less thick chili.