Blue Zones Project®

# Vegetarian Chili with Quinoa

*From the kitchen of:*
Blue Zones Project®

Instant Pot Recipe by:
Well Plated

## Ingredients:

1 medium yellow onion, diced
2 med sweet potato peeled & diced
1 tbsp olive oil
2 medium red bell peppers, diced
4 cloves garlic, minced
1 tbsp chili powder
1 tsp chipotle chili powder
1 tsp ground cumin
2 1/2 c low-sodium vegetable broth
1-8 oz can low-sodium tomato sauce
1/2 c uncooked quinoa
1-15 oz can low-sodium black beans
1-15 oz can low-sodium kidney beans

Toppings: avocado, cilantro, tortilla chips, Greek yogurt

Brought to Hawaii by **HMSA**

## Directions:

1. Add the olive oil and turn to SAUTE and let the oil heat. Once the oil is hot, add the onion and cook until beginning to soften, about 3 minutes. Add the sweet potatoes, bell pepper, garlic, chili powder, chipotle chili powder & cumin. Cook for 1 to 2 additional minutes, until the garlic is fragrant.
2. Add half of the vegetable broth and stir, scraping up any bits of food. Stir in the remaining broth and the quinoa. Pour the tomato sauce on top (do not stir again).
3. Cover and seal the Instant Pot. Cook on manual (HIGH) pressure for 8 minutes. Immediately release the pressure.
4. Carefully open and turn the Instant Pot to OFF. Stir in the black beans and kidney beans. Place the lid back on top and let stand 10 minutes to thicken. Uncover. Taste and adjust seasoning as desired. Serve hot, with any and all the toppings!

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