



## Slow Cooker Bean & Quinoa Chili

4 servings

3 hours

### Ingredients

2 cups Mixed Beans (from the can, rinsed well)  
 1 1/2 cups Diced Tomatoes (from the can with juices)  
 1 1/2 cups Vegetable Broth  
 1/2 cup Red Onion (finely chopped)  
 1/3 cup Quinoa (dry)  
 2 Garlic (large clove, minced)  
 1 1/2 tbsps Tomato Paste  
 1 1/2 tbsps Chili Powder  
 2 1/4 tsps Cumin  
 1/2 tsp Sea Salt

### Directions

- 1 Add all of the ingredients to the pot of a slow cooker and mix well to combine.  
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- 2 Cook on high for two and a half to three hours or on low for five to six hours.  
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- 3 Stir well and season with additional salt if needed. Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately equal to 1 1/4 cups of chili.

**More Flavor:** Add other dried herbs and spices to taste, like coriander, oregano, red pepper flakes, cayenne pepper, and/or black pepper.

**Additional Toppings:** Lime wedges, cilantro, avocado, sour cream or yogurt, cheese, red pepper flakes, nutritional yeast, and/or tortilla chips.

**More Veggies:** Add corn kernels or bell pepper. Wilt in spinach or kale.

**No Mixed Beans:** Use any combination of black beans, chickpeas, kidney beans pinto beans, or black-eyed peas.