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Posted on 7 January 2013  
*by ewfood*

## Quinoa Chili



## Ingredients

2 red bell peppers  
2 poblano chiles, similar to the elongated large green chilis sold in most supermarkets across the UAE  
1fl oz. olive oil  
2 onions, chopped  
4 garlic cloves, minced  
3 zucchini, chopped  
½ tsp. smoked paprika  
1 tbsp. chili powder  
1 tsp. ground cumin  
2oz. uncooked quinoa, rinsed  
4fl oz. water  
Salt to taste  
1 can fire-roasted diced tomatoes, Hunt's does them  
1 can pinto beans, drained and rinsed  
1 tin v8 vegetable juice

## Preparation

- 1 Preheat the oven to 220°C. Rinse the peppers and chili and put them in the oven for about an hour until they're blackened. Remove them from the oven and place them in a plastic bag, seal it tightly and leave for a few minutes. Remove the capsicum from the bag and peel them, discard the seeds and roughly chop them.
- 2 Heat the oil in a thick bottomed pan on a medium high heat. Add the onions and sauté them for a minute or two. Then add the garlic and zucchini and sauté for a further three to four minutes. Stir in the paprika, chili and cumin and sauté for another minute.
- 3 Add the roasted chilis and stir them in to combine the flavours.
- 4 Add the remaining ingredients and bring to a boil. Reduce the heat and allow the chili to simmer until the quinoa is cooked through and tender. Serve hot.

## Cooks Note

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