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*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 paprkika, 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