



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## Quinoa Chili

Serves 8

3 tablespoons extra virgin olive oil  
3 cloves garlic, minced  
1 onion, diced  
2 cups cooked quinoa - *I used red quinoa*  
2 - 28 oz cans diced plum tomatoes  
2 cups water  
1 small jar pickled sliced green chiles  
2 tablespoons chili powder, or to taste - *2 tablespoons makes it medium hot*  
2 teaspoons cumin seeds  
1 1/2 teaspoons paprika  
1/2 teaspoon cayenne pepper  
1/2 teaspoon coriander seeds  
Sea salt and freshly ground black pepper, to taste  
1 - 15 oz can kidney beans, drained and rinsed  
1 - 15 oz can black beans, drained and rinsed  
1 1/2 cups corn kernels  
3 tablespoons chopped fresh cilantro leaves  
Juice of 1 lime

### THE STEPS:

- Heat olive oil in a large pot over medium high heat.
- Add garlic and onion, and cook, stirring frequently, about 2-3 minutes.
- Place cumin seeds and coriander seeds in a small mortar and grind
- Add ground spices to onion mixture and sauté for 2 minutes - *it will be very fragrant*
- Stir in quinoa, diced tomatoes, green chiles, chili powder, paprika, cayenne pepper, and 2 cups of water
- Season with salt and pepper, to taste.
- Reduce heat to low; simmer, covered, until thickened, about 30 minutes.
- Stir in beans, corn, cilantro and lime juice until heated through.
- Serve immediately

**THE LOVE:** Grinding your own spices elevates the flavour of your dish. If you don't own a mortar and pestle, you can place the spices between two pieces of waxed paper and crush them with a rolling pin. If you decide to use pre-ground spices, increase the volume by 1/4 teaspoon.