



Lifestyle Medicine

Recipe: Sweet Potato Quinoa Chili

Ingredients:

- 1 onion
- 1 red pepper
- 1 tbsp chili powder
- 2 tsp cumin
- 1 can or box black beans
- 1 cup diced tomatoes
- 1 cup vegetable broth
- Black pepper, to taste
- 1 large sweet potato, cut in cubes and cooked
- 1/2 cup cooked quinoa

Instructions:

- Saute onion and red pepper in water until tender, about 5 minutes
- Add the chili pepper, cumin, black beans, diced tomatoes, vegetable broth, black pepper, and simmer for about 10 minutes.
- Add sweet potato cubes and quinoa. Simmer 10 minutes more.
- Using an immersion blender (or a regular blender), blend approximately 1/3 of the chili mixture to produce a creamy stew-like consistency.

Tips:

- If you are able to plan ahead, cook the sweet potato and quinoa a day or two before. By doing that, the chili comes together very quickly,
- For the quinoa, use 1/4 cup dry quinoa and 1/2 cup water. Rinse the quinoa before heating. After water comes to boil, turn heat to summer and cook covered for 15 minutes. Fluff with fork.



Recipe courtesy of:
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Recipe from PBNSG Perfectly Plant-Based