

Vegan Quinoa and Sweet Potato Chili

Heat oil in a large heavy soup pot over medium low heat. Add onion and soften (10 minutes). Add garlic and cook for about 2 min. Add the tomato paste, chili powder, cumin and oregano and cook for about 2 minutes, stirring constantly. Add beans, stock, and potatoes and season with salt and pepper.

Cook for about 5 minutes. Add quinoa and continue cooking , stirring frequently, until quinoa and potatoes are cooked and the chili has thickened (15-30 min). Add water or more stock if it becomes too thick for your liking. Top with avocado and cilantro. Makes 6 hearty bowls. Enjoy!

Thank you Kate B. for the tip!!!