

chicken, quinoa, and veggie chili

GLUTEN AND DAIRY FREE // MAKES 5-7 SERVINGS

ingredients

- 1 tbsp avocado oil
- 1/2 large yellow onion, diced
- 2 cloves of garlic, diced
- 1 bell peppers, chopped
- 1 14 oz. can of diced tomatoes
- 2 15 oz. cans of pinto beans
- 1 cup of cooked, shredded chicken
- 3/4 cup of low sodium vegetable broth
- 1 1/2 cups of cooked quinoa
- 1 tsp cumin
- 1 tbsp chili powder
- 1 tbsp paprika
- salt and pepper to taste

directions

- In a medium sized pot, add avocado oil and put onto medium heat and cook until fragrant
- Add the bell peppers and cook for 3-4 minutes or until the bell peppers start to wilt
- Add the pinto beans, diced tomatoes, chicken, quinoa, and vegetable broth and mix
- Add the cumin, chili powder, paprika, salt, and pepper to the pot
- Place the top onto the pan and cook on low to medium heat for 30 mins