



# ONE-POT PERUVIAN CHILI

with Quinoa, Kidney Beans and Lime Crema

VEGGIE



## HELLO QUINOA

These high-protein seeds contains all nine essential amino acids

**PREP: 10 MIN** | **TOTAL: 40 MIN** | **CALORIES: 565**



Shallot



Garlic



Green Bell Pepper



Carrot, chopped



Parsley



Kidney Beans



Paprika-Cumin-Garlic Blend



Cinnamon



Quinoa



Diced Tomatoes



Tomato Paste



Lime



Sour Cream



## BUST OUT

- Strainer
- Zester
- Garlic Press
- Small Bowl
- Large Pot
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil

## INGREDIENTS

2-person

- Shallot 25 g
- Garlic 10 g
- Green Bell Pepper 200 g
- Carrot, chopped 113 g
- Parsley 10 g
- Kidney Beans 1 box
- Paprika-Cumin-Garlic Blend 9 1 tbsp
- Cinnamon 1 tsp
- Quinoa 1/2 cup
- Diced Tomatoes 1 box
- Tomato Paste 2 tbsp
- Lime 1
- Sour Cream 2 6 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.

## START STRONG

We switched up traditional Mexican chili with this tasty Peruvian number, that uses quinoa as its base!



### 1 PREP

**Wash and dry all produce.\*** Drain and rinse the **beans**. Core and cut the **bell pepper** into 1/2-inch pieces. Mince or grate the **garlic**. Peel and finely chop the **shallot** into 1/4-inch pieces.



### 2 COOK VEGGIES

Heat a large pot (or a very large pan) over medium-high heat. Add a drizzle of **oil**, then the **shallot**, **carrot**, **pepper** and **garlic**. Cook, stirring occasionally, until the shallot softens, 3-4 min.



### 3 COOK SPICES

Add the **spice blend** and a pinch of **cinnamon**. Season with **salt** and **pepper**. Stir to coat.



### 4 COOK CHILI

Add the **beans**, **quinoa**, **tomato paste**, **tomatoes** and **1 cup water** to the pot. Bring to a boil over high heat, then reduce to medium-low heat. Cover and cook until quinoa is tender and all the water has been absorbed, 15-18 min.



### 5 MAKE CREMA

Meanwhile, zest, then cut the **lime** into wedges. Roughly chop the **parsley**. In a small bowl, stir together the **sour cream** and **lime zest**. Season with **salt** and **pepper**.



### 6 FINISH AND SERVE

Divide the **chili** between bowls. Dollop with the **lime crema** and sprinkle with **parsley**. Squeeze over a **lime wedge**, if desired.

## HIGH-FIBRE!

The high-fibre kidney bean gets its name from its shape, which resembles your internal organ!