

# TRAC's Tuesday Tip

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Recipe of the week:

## Vegan Quinoa & Sweet Potato Chili

*makes 6 servings*



one 29 oz can black beans, rinsed and drained  
one 6 oz can tomato paste  
32 oz vegetable stock  
1 onion, chopped  
5 cloves garlic, minced  
1 tablespoon chili powder  
1 tablespoon cumin  
1 teaspoon oregano  
1 tablespoon olive oil  
1 sweet potato, peeled and cut into bite sized chunks  
1 cup dry quinoa  
salt and pepper to taste  
avocado, cilantro for garnish (optional)

Heat the oil in a large heavy soup pot over medium low heat. Add onions, and cook until soft and they start to turn brown (about 10 minutes). Add the garlic, and cook for about 2 minutes. Add the tomato paste, chili powder, cumin, and oregano and cook for about 2 minutes, stirring constantly. Add the beans, stock, and potatoes, and season with salt and pepper. Cook for about 5 minutes, then add the quinoa. Continue cooking for about 15 minutes – 30 minutes, stirring frequently, until quinoa and potatoes are cooked and the chili has thickened. Add a bit of water if the chili becomes too thick for your liking. Top with avocado and chopped cilantro.

<http://www.milkfreemom.com/vegan-quinoa-sweet-potato-chili/vegan-quinoa-sweet-potato-chili-2/>