

Quick Quinoa and Black Bean Vegan Chilli

50 Minutes

Serves 4

INGREDIENTS

- onion 1, chopped
- garlic 2 cloves, crushed
- red chilli 1, chopped
- olive oil spray
- ground cumin 2 tsp
- hot smoked paprika 1 tsp
- chilli powder 1/2 tsp (optional)
- quinoa 200g, rinsed and drained (or ready-to-eat quinoa, skip the veg stock)
- vegetable stock 600ml
- chopped tomatoes 400g tin
- black or white beans 400g tin, rinsed and drained
- avocado 1 small, sliced
- coriander leaves to serve

METHOD

Fry the onion, garlic and red chilli in a spray of olive oil until soft, then add the spices, including chilli powder if you like it spicy.

Tip in the quinoa, stock, tomatoes and black beans, and season well.

Cover and simmer for 30 minutes until the quinoa is tender and the sauce has thickened.

Top with a few avocado slices and coriander leaves to serve.

Serve on a bed of greens.