

# SLOW COOKER VEGAN BEAN & QUINOA CHILI

★★★★★ *5 from 28 reviews*

- *Prep Time:* 5 minutes
- *Cook Time:* 120 minutes
- *Yield:* 5 people

## DESCRIPTION

This Gluten Free & Vegan Slow Cooker Bean & Quinoa Chili is packed with both protein and flavor, but only requires 10 Ingredients!

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## INGREDIENTS

- 1 Small Red Onion, diced
- 1/2 bunch Fresh Cilantro, stems and leaves divided (see instructions)
- 2 cup Frozen Corn, thawed
- 2 – 2 1/2 cup cooked Black Beans (about 2 cans, rinsed and drained)
- 2 – 2 1/2 cup cooked Red Kidney Beans
- 1 cup Dry Quinoa
- 1 28 oz. can Crushed Tomatoes
- 1 6 oz. can Tomato Paste
- 2 3/4 cup Vegetable Broth
- 2 tbsp Chili Powder
- 2 tsp Cumin
- 1 tsp Cayenne Pepper (optional, reduce if you are sensitive to heat)
- 1/4 tsp Black Pepper
- 1 tsp Salt, plus more to taste
- Avocado, for serving (optional)
- Nutritional Yeast, for serving (optional)

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## INSTRUCTIONS

1. First, wash and prep your produce. Dice the onion into small pieces, and cut off the majority of the cilantro stems from their leaves. Chop the stems into small pieces – these are packed with flavor, and we'll be adding them to the Chili! Reserve the Cilantro leaves to use as a garnish at the end.
2. Add the Onion, Cilantro Stems, and all of the remaining ingredients (except for the optional toppings and Cilantro Leaves) to a Slow Cooker. Stir well, until the Tomato Paste has completely dissolved into the liquid mixture.

3. Cover the Slow Cooker, and cook on Low for 4-5 hours, or High for 2-3.
4. Add extra salt to taste at end, if desired. Garnish with the chopped Cilantro Leaves, and any other toppings that suit your fancy.

#### NOTES

Both varieties of Beans may be substituted for each other or another Bean of your choosing.

Quinoa requires much less cooking time than other grains, so for this reason I would **not** recommend substituting anything for it in this recipe, as I cannot give you an accurate guess as to the extra amount of cooking time required.

If you do not have a Slow Cooker, you can still cook this on the stove! Simply sauté the diced Onion and Cilantro Stems in a splash of water or oil over medium heat until translucent, then add in the Spices and let toast for another minute. Add in the remaining ingredients, and once boiling, reduce the heat to a simmer. Let simmer, covered, for 15 minutes.