

Quinoa & Black Bean Chili

Ingredients

- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) diced tomatoes
- 2 tsp chili powder
- 1 tsp cumin
- ½ tsp smoked paprika
- ¼ tsp salt

Instructions

1. Cook Quinoa: Bring broth to a boil, add quinoa, cover, and simmer 15 minutes.
2. Sauté Vegetables: Heat olive oil in a large pot. Add onion and garlic; cook 3 minutes. Add bell pepper and zucchini; cook 5 more minutes.

3. Add Beans & Tomatoes: Stir in black beans, tomatoes, chili powder, cumin, paprika, and salt.
4. Combine: Add cooked quinoa, mix well, and simmer 10–15 minutes to blend flavors.
5. Serve: Top with cilantro or avocado if desired.

Why This Helps Blood Sugar

Quinoa is high in protein and fiber, reducing post-meal blood sugar spikes. Black beans add resistant starch, which improves insulin sensitivity.