



Golden Quinoa Chili

Ingredients:

1 onion chopped
1 lb. ground beef
1 tsp. chili powder
1 tsp. garlic powder
11 – 796 ml can tomatoes broken
1 can tomato sauce
½ - 1 cup quinoa (depending on consistency)

Procedure:

Fry onion, add hamburger and brown. Add spices, mix in tomatoes, sauce, and kidney beans. Let simmer for 15 minutes. Add quinoa and cook for a further 15 minutes, stirring every few minutes.

