Quinoa and roasted red pepper chili

Ingredients:

4 red bell peppers

As needed: olive oil

4 large zucchini, medium dice

1 white onions medium dice

4 minced garlic cloves

1 tsp ground cumin

1 tsp chili powder

½ tsp paprika

½ C uncooked quinoa

Salt and pepper to taste

1 15 oz cans fire roasted diced tomatoes

1 15 oz can pinto beans, rinsed and drained

1 C low sodium vegetable juice

2 lb chicken thighs, broiled and on the side

1. Preheat broiler and cut bell peppers and chiles in half lengthwise, discarding seeds and membrane
2. Place halves, skin side up on a pan and flatten by hand. Broil 10 minutes. Place in a bowl covered with foil and let stand 10 minutes, then peel and coarsely chop
3. Cook the chicken thighs under the broiler until internal temperature reaches 160F, then set aside
4. Heat large pot over medium-high heat, add oil to pan and swirl to coat. Add zucchini, onion and garlic, saute 4 minutes.
5. Stir in chili powder, cumin and paprika and saute for 30 seconds.
6. Add roasted peppers and remaining ingredients below the garlic cloves through the veggie juice
7. Bring to a boil, reduce heat to medium-low, cover and simmer for 20 minutes