

COMPLIANT CHUNKY CHILI

Here’s a variation of an Engine 2 recipe. Eating grains with beans or lentils is the easiest way to get complete proteins in your diet on a regular basis. Black beans are packed with iron, a mineral that helps transport oxygen throughout the body. Iron absorption is enhanced when paired with acidic foods, so here we've combined beans with tomatoes - a pairing that's sure to please your body and your taste buds. Makes 4-5 servings.

**Ingredients:**

* ½ cup quinoa
* 1 large can no-salt diced tomatoes
* 2 bell peppers, diced (or 2 cups frozen)
* 4 cups spinach
* 1 cup water
* 1 tsp. chili powder
* 2 tsps. cumin
* 1 tsp. cocoa powder (optional)
* 1 can no-salt canned black beans, rinsed or 1 1/3 cup premade
* No salt seasoning and pepper to taste
* Optional garnish: cilantro leaves

**Method:**

1. In a large pot, add the quinoa, canned diced tomatoes, bell peppers, spinach, water, chili powder, cumin, and cocoa powder (if using). Mix everything together and cover.
2. Cook over low-medium heat for 20 minutes or longer.
3. Add the rinsed beans in about 10 minutes before serving. The idea is to heat the beans without cooking them further, because you don't want mushy beans!
4. The chili is ready when everything is heated all the way through. Add no salt seasoning and pepper to taste and garnish with cilantro, if desired.
5. If you are not eating it straight away, let cool and put in storage containers and store in fridge.