**Sweet Potato Black Bean Quinoa Chili**

Ingredients:

10 ml of oil

¼ onion, diced

1 clove of garlic, minced

¼ bell pepper, diced

½ medium sweet potato, peeled and diced

1 stalk of celery, diced

500 ml of vegetable broth (500ml of warm water and 10 ml of vegetable bouillon)

15 ml of tomato paste

200 ml diced tomatoes

¼ cup quinoa, rinsed

2/3 cup/160ml of black beans, drained and rinsed

2 ml salt

15 ml chopped cilantro

Spices:

5 ml paprika

5 ml cumin

5-10 ml chili powder (5 for mild, 10 for spicier)

2 ml coriander

Procedure:

1. Wash, and prepare vegetables.
2. Sauté onion in oil in a large pot until it begins to soften (about 3-5 minutes)
3. Add garlic cook and spices and cook until fragrant
4. Add all other vegetables, broth, tomatoes, tomato paste and quinoa
5. Bring to a boil, then reduce heat to low-med and cover with a lid for 10 minutes
6. Add black beans and continue to simmer 10 minutes or so.
7. Garnish with cilantro and serve

Serves: 4

Garnish Ideas:

* Avocados
* Tortilla chips
* Grated cheese
* Sour cream
* Fresh tomatoes
* Fresh salsa or hot sauce
* Green onions
* Lime juice

Nutritional Highlights

* Great source of protein with the quinoa and black beans
* Great source of fiber
* Loaded with vegetables

**A-Maiz-ing Cornbread**

Source: Loony Spoons Cookbook

Ingredients:

Dry

125 mL cornmeal

125 mL flour

25 mL sugar

5 mL baking powder

2 mL salt

Wet

125 mL grated carrot

10 mL chopped parsley

1 mL marjoram

125 mL yogurt (or sour cream)

1 egg

60 mL margarine (melted)

Procedure:

1. Preheat oven to 375 F/180 C. grease small layer cake pan
2. ­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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5. Bake for 25 minutes.

Serves 4

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| Standards for product: | Nutritional Analysis: |
| Double in size | Excellent source of complex carbohydratesGood source of fiber |