



A Nutrition Resource

# QUINOA RED BEAN CHILI

## Pressure Cooker Recipe

Yield: 8 Servings | Serving Size: 1/2 cups

Cost/Serving: \$1.39

### Ingredients:

- 1 Tablespoon oil
- 1/2 onion, diced
- 1 green bell pepper, diced
- 2 garlic cloves, minced (or 1/2 Teaspoon of garlic powder)
- 1 Teaspoon ground cumin
- 1 Teaspoon dried oregano
- 1 Teaspoon salt
- 1/2 Teaspoon cayenne pepper
- 1 Cup quinoa (rinsed and drained)
- 3 cans red kidney beans (rinsed and drained)
- 3 Cups chicken broth
- 3 cans (8 oz each) tomato sauce
- 1 1/2 Cups frozen corn kernels

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1/2 Cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>310</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Sodium</b> 840mg	<b>37%</b>
<b>Total Carbohydrate</b> 54g	<b>20%</b>
Dietary Fiber 13g	<b>46%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	<b>32%</b>

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions:

- 1) Select saute function on pressure cooker and heat oil until shimmering.
- 2) Add the onion, bell pepper, and garlic.
- 3) Cook, stirring often, until onion starts to turn translucent (3-4 minutes).
- 4) Add all of the seasonings and cook until fragrant, stirring often (1-2 minutes).
- 5) Add the quinoa, beans, broth, and tomato sauce and stir.
- 6) Secure the lid, set the valve to sealed, and select high pressure on pressure cooker. Set to 5-minutes.



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- 7) When cooking time is finished, let pressure naturally release for 10 minutes and then quick release the rest of the pressure.
- 8) Stir in the corn kernels to heat through.
- 9) Season to taste with additional salt and pepper, if needed.
- 10) Serve with cheese, sour cream, avocados, fresh lime wedges, cilantro, or any other topping desired.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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