



# VEGAN CHIPOTLE CHILI

Makes 5 servings | Serving size: 2 cups

PREP TIME  
**10 min**

COOK TIME  
**20 min**

TOTAL TIME  
**30 min**

*This spicy chili has just the right amount of heat, but don't skip the avocado to help balance out the spice with cool creaminess. This is one of my favorite vegan dishes!*



## Ingredients

- 2 tablespoons avocado oil (or olive oil)
- 1 white onion, diced
- 1 tablespoon garlic, minced
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (12-ounce) can corn
- 2 cups vegetable broth (low sodium)
- 1 (8-ounce) can chipotle sauce (not chipotle in adobo sauce)
- 2 large tomatoes, diced
- 2 cups quinoa, cooked
- 2 tablespoons fresh lime juice
- Avocado, for topping
- Cilantro, for topping

## Directions

1. In a large pot, heat avocado oil and sauté onions and garlic. Cook until onions becomes translucent.
2. Add beans, corn, vegetable broth, chipotle sauce, tomatoes, and salt.
3. Simmer for 10 minutes until tomatoes get tender.
4. Add quinoa and lime juice, then continue to heat another 5 minutes.
5. Top with avocado and cilantro. Sprinkle of additional salt if desired. Serve warm.

\*Nutrition analysis done without toppings.