



Black-eyed Pea Chili with Quinoa and Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



220 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 24 ounces pea-mond dressing dried fresh drained
- 30 ounce tomatoes diced with juice (fire-roasted preferred) canned
- 2.5 tablespoons chili powder
- 0.3 teaspoon chipotle chili powder smoked red hot to taste (adjust)
- 1 tablespoon cocoa powder
- 1.5 cups corn fresh
- 6 cloves garlic minced
- 1 large bell pepper green chopped

- 2 teaspoons ground cumin
- 1 slices lime wedges
- 2 large onion chopped (I use a food processor)
- 0.3 cup quinoa rinsed uncooked
- 1 large bell pepper red chopped
- 8 servings salt and pepper to taste
- 6 cups vegetable stock

Equipment

- pot
- dutch oven

Directions

- Heat a large, non-stick Dutch oven or chili pot.
- Add the onions and cook, stirring, until they soften, about 5 minutes.
- Add the bell peppers and cook for another 3 minutes.
- Add the garlic and cook for another minute.
- Add the black-eyed peas, broth, and everything up through the tomatoes. Bring to a boil and cook for 5 minutes. Reduce the heat to low, cover, and simmer until the peas are tender. The time will vary depending on the age of the peas, but count on at least 75 minutes, and add more broth if it looks like it's getting dry. When the peas are tender, check the seasoning and add more to taste (this is a good time to increase the heat by adding more chipotle powder).
- Add the corn and quinoa and cook until the quinoa is tender, at least 20 minutes. (If the chili seems too "soupy," cook uncover the pot; otherwise, keep it covered.)
- Add salt and pepper to taste.
- Serve with a squeeze of lime juice or slices of avocado, if desired.

Nutrition Facts



PROTEIN 18.3% FAT 7.43% CARBS 74.27%

Properties

Glycemic Index:27.75, Glycemic Load:7.3, Inflammation Score:-9, Nutrition Score:22.345217290132%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg

Nutrients (% of daily need)

Calories: 220.27kcal (11.01%), Fat: 1.97g (3.03%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 44.28g (14.76%), Net Carbohydrates: 33.69g (12.25%), Sugar: 10.01g (11.12%), Cholesterol: 0mg (0%), Sodium: 1102.43mg (47.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Vitamin C: 58.75mg (71.21%), Folate: 230.46µg (57.62%), Manganese: 0.9mg (44.87%), Fiber: 10.6g (42.38%), Vitamin A: 1999.63IU (39.99%), Iron: 4.84mg (26.88%), Vitamin B6: 0.53mg (26.4%), Phosphorus: 250.7mg (25.07%), Magnesium: 98.23mg (24.56%), Copper: 0.45mg (22.56%), Potassium: 778.61mg (22.25%), Vitamin B1: 0.33mg (22.11%), Vitamin E: 2.54mg (16.92%), Zinc: 2.03mg (13.51%), Vitamin B2: 0.22mg (12.82%), Vitamin B3: 2.5mg (12.49%), Vitamin K: 9.99µg (9.51%), Calcium: 88.19mg (8.82%), Vitamin B5: 0.79mg (7.9%), Selenium: 4.25µg (6.07%)