

# Chili Beans with Quinoa and Spices

<https://rancholapuerta.com/chili-beans-with-quinoa-and-spices/>

This chili bean recipe from Executive Chef Reyna and her team is incredibly versatile and full of flavor. You can make it and use the chili as a dip with baked corn chips, add more vegetable broth and you have a hearty-nourishing soup, or roll them up in a heated tortilla with cheese and make a burrito topped with a splash of salsa! The combination of beans, quinoa and spices may be the gastronomic blanket you need to help keep you warm during the winter season.

## Ingredients:

- 2 cups cooked pinto or black beans, with few liquid
- ½ cup cooked quinoa (any color)
- 3 tablespoons ghee or avocado oil
- ½ cup carrot, peeled and diced
- ½ cup sweet potato, peeled and diced
- 1 red bell pepper, seeded and sliced
- 2 ribs celery, finely diced
- ½ medium red onion, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon paprika
- 1 teaspoon chipotle adobo
- 1 teaspoon dried oregano
- ½ teaspoon ground cumin
- 2 cups vegetable broth or water
- 1 bay leaf
- 1 lime- juiced
- Salt and pepper, to taste
- 1 bunch fresh cilantro, chopped
- 2 cups baked tortilla chips
- 1 avocado, sliced

*¡Buen Provecho!*

from the Culinary Team at Rancho La Puerta

[guestmessage@rancholapuerta.com](mailto:guestmessage@rancholapuerta.com) | 800-443-7565

**Method:**

1. In a sauté pan or skillet place the ghee and sauté the onion over medium-high heat until fragrant.
2. Add the garlic, paprika, garlic, cumin, oregano and chipotle adobo. Cook for a couple minutes, add the diced celery, carrot and sweet potato and cook until golden brown.
3. Lower the heat to medium-low and add the cooked beans, the cooked quinoa, the bay leaf, vegetable broth or water.  
Let cook for 10 minutes. Once the pan starts bubbling gently mash the beans with the help of a potato masher. You want to leave some texture so be careful.
4. Add salt and pepper to taste. Add more chipotle adobo for a spicier flavor twist.
5. Finish with a touch of freshly squeezed lime juice and serve topped with freshly chopped cilantro and avocado slices.
6. Serve hot with a heap of baked corn chips.

¡Buen Provecho!

*¡Buen Provecho!*

from the Culinary Team at Rancho La Puerta

[guestmessage@rancholapuerta.com](mailto:guestmessage@rancholapuerta.com) | 800-443-7565