

Quinoa Chicken Chili with fresh Avocado Relish, & Chorizo Queso Dip with Tortilla Chips

Quinoa Chicken Chili

Makes 10 servings

Ingredients

3 pounds boneless skinless Chicken thighs - cleaned, rinsed and quartered
2 teaspoons cumin
2 teaspoons dried oregano
1 teaspoon paprika
1 teaspoon chili powder
1 teaspoon onion powder
2 teaspoon garlic powder
1 teaspoon cracked black pepper
4 teaspoons fine sea salt
2 cups, uncooked red Quinoa
3 Tablespoons olive oil
3 garlic cloves, minced
1 large yellow onion, diced
3 medium Poblano peppers - roasted, seeded and skinned, diced
1 medium red bell pepper, seeded and minced
1 15oz. can diced tomatoes
1 15oz. can Pinto beans
2 14oz. cans chicken broth
1 Tablespoon lime juice
1 cup rough chopped cilantro for garnish
Salt and pepper to taste

Directions

Prepare chicken thighs as called for and set aside in a large mixing bowl. Combine all dry seasonings and mix together well. Toss seasonings and Quinoa with chicken thigh pieces and set aside to marinate for at least 30 minutes.

Prepare diced onions, red bell pepper and Poblano peppers.

Note: Poblano peppers taste better without their waxy skins. They can be grilled at high heat until the skin blackens. Then, using tongs, place whole peppers in a bag and cool. After cooled, and using gloves, peel skin off pepper and slice open to remove seeds and discard, then dice the remaining now skinned and pepper. Always use gloves when working with spicy peppers so as to not transfer the oil of the hot pepper to your skin or eyes.

Meanwhile, heat large deep saucepan over medium high heat. Add olive oil, heat for 1 minute and then sauté onion in saucepan until translucent. Add garlic and sauté until fragrant. Reduce heat to medium and add Poblano and red bell peppers and sauté for 2 minutes. Add diced tomatoes, Pinto beans and cook for 2 minutes. Add in chicken/Quinoa mixture and mix together, cooking for 5 minutes stirring

occasionally. Add chicken stock and bring pot to simmer, cover and let cook on medium heat for 20 to 25 minutes. Quinoa will be popped open and chicken should be tender and fully cooked, falling apart when stirred. Add in lime juice, chopped cilantro and salt and pepper to taste. Set aside and rest for 10 minutes, but add 1 cup hot water, as Quinoa tends to absorb liquid as it sits. Garnish with Avocado relish.

Avocado Relish

Makes 8 servings

Ingredients

2 ripe Avocado, seeded, peeled and diced
1 ½ tablespoons lime juice
¼ cup minced red onion
¼ cup minced red bell pepper
¼ cup serrano pepper (about 1 ½), seeded and finely minced
4 plum tomatoes, diced
¼ cup fresh cilantro
2 garlic cloves, finely minced
2 teaspoons olive oil
Fine sea salt and cracked pepper to taste

Directions

Prepare Avocado and toss in medium non-reactive mixing bowl with lime juice and set aside.
Prepare other ingredients, using gloves when necessary for hot pepper preparation.
Toss all ingredients with Avocado mixture and refrigerate for 30 minutes before serving, giving flavors time to blend.

Chorizo Queso dip

Makes 8 servings

Ingredients

1 Tablespoon canola oil
1 pound ground Chorizo sausage
1 cup minced yellow Onion
2 clove Garlic, minced
2 cup diced Plum tomatoes
1 red bell pepper, minced
1 small jalapeno, seeded and minced
½ cup chicken broth
6 cups mild cheddar cheese, shredded

Directions

In a medium saucepan, heat the oil over medium high heat.
Add Chorizo and cook for 2 minutes until fat from sausage melts out.

Prepare other ingredients, using gloves when working with Jalapeno.

Add onion and garlic and cook until Chorizo is fully browned and onions are golden brown.
Drain the fat off of the pan and then add in the tomatoes, bell pepper and jalapeno.
Cook for 3 minutes.

Add chicken broth and bring mixture to a simmer.²
Slowly add in cheese, about 1 cup at a time, and keep stirring with a wooden spoon.

Make sure all cheese is fully melted and mixture is creamy.
Serve immediately with your favorite Tortilla chips.

Serve Quinoa Chicken Chili in individual bowls and allow guests to top with Avocado Relish and Queso, if desired.