



## Quick & Easy Dinner Ideas

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## Roasted Almond Chicken Salad

### Ingredients:

1/2 Cup sliced almonds  
1 (8 ounce) package chicken strips  
2 Tablespoons Canola oil  
1 (5 ounce) package spring lettuce mix  
1 container of fresh blueberries  
1/2 cantaloupe, sliced

### Instructions:

Preheat oven to 350 degrees. Lay the sliced almonds in a single layer on a baking sheet. Roast for 5 to 7 minutes or until toasted the way you like. Place the Canola oil in a skillet over medium high heat. Heat the chicken strips until heated through about 4 minutes, being sure to turn once. Place the lettuce mixture into 4 separate salad bowls. Layer the chicken strips on top of the lettuce. Add the blueberries

## Angel Hair Salad with Sesame Seeds

### Ingredients:

16 oz Angel Hair pasta  
½ cup sesame oil  
½ cup soy sauce  
¼ cup balsamic vinegar  
1 tbsp hot chilli oil  
¼ cup sugar (or less)  
1.5 tsp sesame seeds  
1 yellow bell pepper, diced  
2 green onions, sliced

### Instructions:

Cook the pasta according to package instruction - but don't overcook. The pasta should still have some bite. Drain and set aside.

In a large salad bowl, mix the soy sauce, vinegar, chili oil, sesame oil and the sugar. Add the cooked pasta and toss well. Top with green onion and bell pepper and sprinkle with sesame seeds.

This salad tastes delicious served warm or chilled.

## Asparagus Gratin

(Serves 4)

### Ingredients:

Bunch of asparagus, trimmed and cleaned  
1 cup skim milk  
2 tsp extra-virgin olive oil  
¼ cup Parmesan cheese, grated  
1 egg (preferably organic and free range)  
1 egg white (preferably organic and free range)  
Salt and pepper

### Instructions:

Preheat the oven to 400°Fahrenheit.

Place the asparagus in a pot of simmering water and cook for about 5 minutes, until just tender. Drain immediately and arrange in an ovenproof serving dish. Drizzle with the olive oil.

In a small bowl, mix together the milk, cheese, egg and egg white and season. Pour over the asparagus and bake in the oven until lightly browned.

This makes a delicious side dish to roast chicken.

## Baked Pork Chops and Roasted Vegetables

(Serves 4)

### Ingredients:

4 pork chops about ½" thick  
2 tsp herb mixture (thyme, garlic, marjoram, pepper)  
2 tsp parsley flakes  
6 small potatoes, cut into wedges (about 3 cups)  
1 medium red bell pepper, cut into 1" pieces  
1 medium tomato, cut into 8 wedges  
1 medium onion, cut into wedges  
Olive oil

### Instructions:

Preheat oven to 425°F.

Brush each pork chop with a bit of olive oil and sprinkle with 1 ½ tsp of the herb mixture on both sides.

Arrange the pork chops in a large baking pan in each corner of the pan.

In a large bowl, combine all vegetables and add some olive oil. Mix until well coated. Add the rest of the herb mixture and toss. Then place the vegetables into the center of the large baking pan. Bake in the oven for about 45 minutes uncovered. After 45 minutes, turn over pork chops, stir the vegetables and place the tomato wedges on top of the vegetables. Cook for a further 10 to 15 minutes or until the pork chops are tender.

## Barbecue Herb Burgers

Yields 8 burgers

Ingredients:

- 1 ½ lbs ground beef (or lamb if you prefer)
- 2 tbsp freshly chopped basil
- 1 tbsp freshly chopped thyme
- 1 tbsp freshly chopped rosemary
- 1 tbsp freshly chopped chives
- 2 tbsp lemon juice
- 1 cup fresh breadcrumbs
- 1 egg
- Lettuce leaves
- 2 tomatoes, sliced
- 2 Baguettes
- Ketchup/mayonnaise

Instructions:

In a large bowl, knead the herbs into the ground beef until well combined. Add the lemon juice, breadcrumbs, egg and season with salt and black pepper. Mix well. Shape the mix into eight patties, round or rectangular.

Heat up your BBQ. Lightly oil your barbecue grill and cook the burgers until well browned on each side and just cooked through.

Cut the two baguettes into half, cover with mayo/ketchup, tomato slices, lettuce and the burgers. Cut into sizable sandwiches and enjoy immediately.

## Beansprout Salad with Soy Dressing

### Ingredients:

8oz beansprouts  
1 small red onion, minced  
1 red bell pepper, sliced  
Handful of arugula  
½ English cucumber, cut in chunks

### Dressing:

½ tsp ground ginger  
2 fl oz water  
6 fl oz olive oil  
1 stalk celery, finely sliced  
2 tbsp lemon juice  
½ small onion, minced  
2 fl oz red wine vinegar  
2 tbsp soy sauce  
2 tbsp tomato puree  
Salt and pepper

### Instructions:

Place all salad ingredients in a large salad bowl, cover and refrigerate.

Place all salad dressing ingredients in a blender and puree until smooth.

Serve the chilled beansprout salad with the dressing on the side.

## Beet and Potato Salad

Serves 4

### Ingredients:

4 beets  
4 potatoes, peeled and cut into chunks  
1 small red onion, finely chopped  
Olive oil  
Balsamic vinegar  
1 tbsp fresh parsley, chopped  
2 small dill pickles, finely chopped  
Salt and pepper

Instructions:

In a large saucepan, bring water to a boil and cook the beets until almost tender - about 30 minutes.

Remove the beets (while keeping the liquid), peel and cut into bite-size chunks.

Place the beets, potatoes and onion into the liquid and boil for a further 10 minutes. Remove the saucepan from the heat and allow standing for a few minutes. Transfer veggies into a bowl.

Add some olive oil and balsamic vinegar. Mix in the dill pickles and season with salt and pepper. Sprinkle with parsley and enjoy!

## Butternut Squash Soup

Serves 4

Ingredients:

1tsp cumin seeds

3 lb butternut squash, peeled, halved, deseeded and chopped

1 onion, chopped

3 cloves of garlic, crushed

About 6 cups of vegetable stock

1 leek, thinly sliced

Handful of cilantro

4 tbsp yoghurt

1 tsp cumin seeds

Salt and pepper

Instructions:

In a large non-stick saucepan heat some oil and add the cumin seeds. Cook carefully until lightly brown. Then add the onion, leek, garlic and butternut squash chunks. Allow to cook for about 15 minutes on very low heat, while stirring occasionally. Add the vegetable stock, cover and allow to simmer for about 30 minutes or until the vegetables are tender.

Pour the soup into a blender and process until smooth. Return to the saucepan, heat gently and stir in the yoghurt. Sprinkle with cilantro and serve with crunchy bread.

## Cabbage Patch Meatloaf

(Serves 6)

Ingredients:

1 lb. ground, lean turkey or beef  
6 Tablespoons bread crumbs  
1 ½ C. shredded cabbage or coleslaw mix  
¼ C. finely chopped onion  
¼ c. finely chopped bell pepper  
¼ teaspoon dried, minced garlic  
2/3 C. lite ketchup  
Butter flavored cooking spray

Directions:

Preheat oven to 350 degrees F. Spray a 9 x 5 inch pan with cooking spray. In a large bowl, combine meat, breadcrumbs, coleslaw mix, onion, pepper, garlic, and one-half of ketchup. Mix well. Pat mixture into pan and bake for 45 minutes. Spread remaining ketchup on top of loaf and bake 15 minutes longer.

## Chicken Melts with Pesto

Serves 4

Ingredients:

4 small chicken breasts, skin removed and boneless  
2 tbsp extra-virgin olive oil  
4 tsp red pesto sauce  
¾ cup grated cheese of your choice  
8 cherry tomatoes, cut in half

Instructions:

Beat the chicken breasts with a rolling pin to flatten them.

Heat the olive oil in a frying pan and cook the chicken breasts for a few minutes each side, until they turn brown. Remove the chicken from the pan and, with a paper towel, clean out the remaining oil in the pan. Arrange the chicken breasts in the pan and spread 1 tsp of pesto onto each breast. Top with tomatoes and sprinkle with cheese. Place under a hot grill and cook until the cheese has melted.

Serve immediately with a tossed salad and crusty bread or a plateful of green vegetables, such as broccoli or green beans.



## Chili Chicken Fajitas

Serves 4

Ingredients:

2 tsp chili powder

1 tsp paprika powder

10.5 oz skinless chicken breast, cut into strips

1 red onion, thinly sliced

1 avocado

Juice of 1 lime

1 green bell pepper, sliced

1 tbsp olive oil

4 large tortillas

About 1 cup natural yogurt

Handful of fresh cilantro

Instructions:

Place chicken strips in a small bowl. Mix together the chili powder and paprika and sprinkle over the chicken strips. Toss gently.

Heat the olive oil in a frying pan and fry the chicken strips together with the onion slices until the chicken is cooked through and no longer pink inside.

Meanwhile, cut the avocado into cubes and mix in the lime juice.

Divide the chicken mixture evenly between the tortillas, top with green bell pepper slices, avocado/lime, yogurt and sprinkle with cilantro. Roll up and enjoy this delicious and easy meal.

## Corn and Sweet Potato Soup

Ingredients:

1 tablespoon olive oil

1 onion, finely diced

2 garlic cloves, crushed

7 ½ cups of vegetable stock

2 teaspoons ground cumin

1 medium sweet potato diced

1 lb corn kernels (fresh or frozen)

Salt and ground black pepper

Lime wedges to serve

Instructions:

Heat the oil in a large soup pan and gently fry the onion until soft (approximately 5 minutes). Add the garlic and gently fry for another 2 minutes. Add 1/4 cups of vegetable stock to the pan. Bring to a boil, reduce heat and simmer for 10 minutes. Add the cumin and diced sweet potato and simmer a further 10 minutes. Season to taste and add the corn and remaining stock. Simmer approximately 10 minutes.

Remove soup from heat and let cool slightly. Transfer half of the soup to a blender or food processor and blend until smooth. Stir the smooth soup into the pan and mix together with the chunky remaining soup and gently stir together.

Serve into warm bowls with lime wedges on the side.

## **Crock Pot Barbecue Beef**

Ingredients:

- 1 1/2 pounds boneless round steak (cubed)
- 1 cup ketchup
- 1 cup favorite barbecue sauce
- 2 tablespoons honey
- 1 package Lipton Onion Soup Mix
- 1 cup beef broth

Directions:

In a large bowl mix all ingredients together. Transfer to crock pot. Cover and cook on low for approximately 8 hours.

## **Crock Pot Chicken Cacciatore**

Ingredients:

- 1 medium onion (thinly sliced)
- 3 lbs boneless/skinless thighs and breasts
- 1 (6oz) can tomato paste
- fresh mushrooms, sliced
- 2 bay leaves
- 1 (8oz) can stewed tomatoes
- salt and pepper to taste
- 1 tsp garlic powder

2 cups chicken stock

Directions:

Place sliced onions at bottom of crock pot. Add chicken. Stir together remaining ingredients and pour over chicken. Cook on low 7-9 hours or high 3-4 hours. Serve over rice or pasta and add a side salad.

## Sticky Chicken

(Serves about 8)

Ingredients:

½ cup balsamic vinegar

½ cup soy sauce (preferably low sodium)

2 tbsp honey

¼ cup sugar

¼ cup brown sugar

1 tbsp grated fresh ginger root

1/8 tsp pepper

3-4 lbs boneless and skinless chicken breast

Instructions:

Add all ingredients, except the chicken breast, in a large shallow baking dish and stir until all the sugar has dissolved. Then add the chicken breasts and coat well. Cover and keep in refrigerator for about 24 hours.

Once chilled, place the chicken and the marinade into a large heavy non-stick saucepan. Bring everything to a boil over medium heat. Once it boils, reduce heat to lower, cover and simmer for about 15 minutes, occasionally stirring. Once the chicken breasts are done (they are no longer pink in the center), remove the chicken to a shallow pan. Cover and keep warm in the warm oven.

Cook the marinade remaining in the saucepan on medium heat until it starts to turn syrupy. Stir constantly for about 8 – 10 minutes. Place the chicken breasts back into the saucepan, coat thoroughly with the syrupy sauce and serve immediately with rice and vegetables.

## Easy Chicken Chow Mein

Serves 4

### Ingredients:

2 skinless chicken breasts, cut into bite-sized chunks  
1 tsp fresh ginger root, grated  
2 garlic cloves, finely minced  
½ lb dry Chinese noodles  
1 tbsp sesame oil  
6 oz mix of baby corn and snow peas  
1 red bell pepper, deseeded and finely sliced  
2 scallions, washed and finely sliced  
½ red onion, finely sliced  
6 oz of Ready made Chinese stir-fry sauce (of your choice)  
2tbsp olive oil

### Instructions:

Heat the olive oil in a wok and add the chicken pieces. Fry until the chicken is browned all over, then add the fresh ginger and garlic. Stir-fry for a further few minutes.

In the meantime, cook the Chinese noodles according to package instructions. Drain and run under cold water. Drizzle with the sesame oil and toss gently.

Add the baby corn and snow peas, red pepper, red onion and 1 scallion to the wok and stir-fry for about 3 minutes. Add the Chinese noodles and Chinese sauce, cook for a further few minutes until hot. Sprinkle with the remaining scallions and enjoy immediately.

## Seafood Pasta

Serves 2

### Ingredients:

¼ lb angel hair pasta  
2 tbsp butter  
2 tbsp olive oil  
10 medium shrimp, cleaned  
2 garlic cloves, minced  
Pinch of salt and pepper  
1 ½ tbsp freshly chopped parsley  
1/8 cup Parmesan cheese

Instructions:

Cook angel hair pasta according to package directions and drain.

In the meantime, in a skillet, heat olive oil and butter over medium heat. Add garlic and sauté until golden brown. Remove garlic from skillet and discard. Add shrimp, salt, pepper and parsley to oil and cook until shrimp turn pink. Remove skillet from heat.

Toss with spaghetti and add parmesan and remaining parsley.

Serve immediately with garlic bread and a tossed salad.

## **Beefy BBQ Stew**

Ingredients:

2 lbs stew meat

3 tbsp olive oil

1 cup onion, sliced

1/2 cup yellow pepper, chopped

1 large clove garlic, finely minced

2 cup stock (preferably beef)

1/2 tsp salt

1/8 tsp pepper

1 can (8 oz.) chopped tomatoes

1 can (4 oz.) mushrooms

1/3 cup barbecue sauce

3 tbsp cornstarch

1/4 cup cold water

Instructions:

In frying pan sauté sliced onion, pepper, garlic and meat in olive oil. Add stock, salt and pepper, tomatoes, mushrooms and barbecue sauce and cook for a few minutes. Place in slow cooker and cook on low heat for about 8-10 hours. Just before serving, mix cold water and cornstarch in a little bowl and add to the stew to thicken.

Serve with hot brown rice.

## Fish Parcels Thai-Style

Serves 1

Ingredients:

3.5-5oz salmon fillets (ideally organic)  
2 tbsp fresh lime juice  
2 tsp fresh ginger, grated  
½ tsp Thai fish sauce  
A few sprigs of fresh fennel

Instructions:

Preheat oven to 300 degrees F.

Cut squares of aluminum foil for each fillet. Place the fillet skin side down onto the foil and fold it loosely into an open parcel.

Mix together the lime juice, ginger and fish sauce in a little bowl and pour over the fillets. Sprinkle with the fresh fennel. Close the parcels and bake in the oven for about 10-15 minutes or until the fish is cooked through.

## Ham and Cranberry Casserole

Serves 4-6

Ingredients:

3 cups cooked ham, cubed  
½ cup water  
½ cup sugar  
2 tbsp butter  
1 ¼ cups fresh cranberries, washed  
2 tbsp grated orange rind  
Salt and pepper to taste

Instructions:

Preheat oven to 350° Fahrenheit.

Melt the butter in a large frying pan and sauté ham until browned. Bring water and sugar to a boil in a saucepan and stir constantly. Add ¾ cup cranberries, cover and simmer for about 15 minutes. Then add the orange rind and season well.

Add the cranberries to the ham and combine. Transfer ham mixture into a baking dish and bake for about 20 minutes. Add the remaining cranberries to the baking dish and return to the oven for a further 15 minutes.

Serve immediately.

## **Herb Crusted Salmon**

Serves 4

### **Ingredients**

4 salmon fillets  
1/4 cup breadcrumbs (more if needed)  
Zest of 1 lemon  
2 green onions, chopped  
2 tbsp fresh parsley, chopped  
2 tbsp melted butter

### **Instructions:**

Preheat oven to 375 degrees Fahrenheit.

In a small bowl, mix breadcrumbs with lemon zest, green onion, parsley and melted butter. Mix well. Spread mixture onto the salmon fillets. Place fillets on a greased baking tray and bake in the oven for about 20 minutes.

Serve immediately with rice and green beans.

## **Apple Stuffing Topped Mustard Pork Chops**

### **Ingredients:**

4 pork loin chops  
1/4 teaspoon pepper  
2 tablespoons olive oil  
1 medium onion, chopped  
1/4 cup celery, chopped  
2 tart apples peeled, cored and chopped  
1 1/2 cups low carb bread cubes  
1/4 cup fresh parsley, chopped  
1/4 cup apple cider

1 tablespoon Dijon mustard

Instructions:

Place 1 tablespoon of the olive oil in a skillet over medium heat. Oil needs to be hot but not smoking.

Sprinkle both sides of the pork chops with the pepper. Add the seasoned chops to the hot oil and cook 3 minutes. Turn the pork chops and continue cooking an additional 3 minutes or until nicely browned.

Place the browned chops in the bottom of large baking dish. Place the remaining olive oil in the skillet and allow to heat up again. Stir in the onion and celery. Cook 5 minutes or until just tender.

Stir in the apples and continue cooking an additional 5 minutes. Remove the skillet from the heat and set off to the side. Stir in the bread pieces and parsley. Add a scant amount of the apple cider until the bread pieces are completely moistened being sure to stir after each addition.

Spread the top side of each pork chop with the Dijon mustard. Place a spoonful of the bread mixture on top of the mustard being sure to pat it down to cover the entire pork chop.

Place the oven temperature on 350 degrees and allow the oven to heat. Bake the chops 25 minutes or until the chops are no longer pink inside and the stuff has turned a nice golden brown.

## **Whole-Wheat Pasta Parmigiana**

Serves 4

Ingredients:

12 oz whole-wheat penne pasta

3 tsp extra virgin olive oil

½ tsp salt

1 lb mushrooms (of your choice), wiped and chopped

1 green bell pepper, deseeded and diced

1 yellow bell pepper, deseeded and diced

Juice of 1 lemon

½ cup Natural yogurt

2 oz Parmesan cheese (or more), grated

Salt and pepper

Instructions:

Cook pasta according to package instructions. Drain and set aside.



Heat olive oil in a large skillet, add the chopped vegetables and cook for about 5 to 7 minutes, stirring frequently. Add the cooked penne, lemon juice, yogurt, salt and pepper and combine. Place pasta mixture into an ovenproof dish, sprinkle with lots of grated Parmesan cheese and place under a broiler until the cheese is golden brown.

Serve immediately and enjoy!

## **Spicy Ratatouille with Feta Cheese**

Serves 2

Ingredients:

- 1 eggplant, sliced
- 3 gloves garlic, skin left on but tips cut off
- 1 medium zucchini, sliced
- 2 big tomatoes, cut into wedges
- 1 medium red onion, cut into wedges
- 1 tsp dried Herbs de Provence
- 1/2 green chilli, chopped (or less if you prefer)
- 3 ½ fl oz olive oil
- Fresh lemon juice
- 7oz feta cheese, crumbled

Instructions:

Preheat the oven to 400 degrees Fahrenheit.

Place all the vegetables and chilli in a roasting pan. Stir in the herbs and olive oil. Bake in the oven for about 30 minutes, stirring occasionally. Discard garlic.

Add a squeeze of lemon juice and sprinkle the crumbled feta cheese on top. Place under a grill for a few minutes until cheese begins to soften.

Serve immediately.

## **Quinoa and Kidney Bean Chili**

Ingredients:

- 1 cup quinoa, rinsed and drained
- 2 cups water
- 1 large onion, diced

1 red bell pepper, seeded and diced  
2 16oz cans kidney beans, drained  
1 28oz can chopped tomatoes  
1 cup celery, chopped  
1 - 2 jalapeno peppers (depending on taste), seeded and finely minced  
2 tomatoes, diced  
1 cup carrots, chopped  
1.5 tbsp chili powder  
1 tbsp garlic powder  
1 tbsp Italian spices  
2 tsp ground cumin  
Fresh parsley or cilantro, chopped  
Salt and pepper

Instructions:

Place quinoa and water into a saucepan, bring to a simmer, cover and allow to cook gently until all the water is absorbed (about 15 minutes). Allow to stand for about 10 minutes.

In the meantime, fry the onion, pepper, celery and jalapeno pepper in a large frying pan. Cook for about 5 minutes, until onion is soft. Then mix in the carrots and fresh tomatoes, stir well and cook for a further 5 minutes. Add the kidney beans, can of chopped tomatoes and the spices. Season well. Cook the chili for about 20 minutes on low heat, then add the cooked quinoa. Stir well and allow to cook for a further few minutes. Adjust the seasoning. Sprinkle with parsley/cilantro and serve immediately.

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