Quinoa Chili

1 cup of quinoa, rinsed

One (1) 28 oz can of diced tomatoes (you could use crushed)

One (1) 14 oz can diced tomatoes with green chilies (Rotel)

Two (2) 16 oz cans of black beans, rinsed, drained

One (1) 15 oz can of corn, drained

3 cups vegetable stock

1 tsp garlic powder

2 tsp cumin

1 tsp crushed red pepper

2 tsp chili powder

Combine all ingredients in a crock pot.  Cover and cook on low 6-8 hours.