



Quinoa and Black Beans



Prep
15 m

Cook
35 m

Ready In
50 m

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Publix

Publix Super Market
595 Piedmont Ave NE
ATLANTA, GA 30308

Recipe By: 3LIONCUBS

"Very flavorful alternative to black beans and rice. Quinoa is a nutty grain from South America."

Ingredients

1 teaspoon vegetable oil	1/4 teaspoon cayenne pepper
1 onion, chopped	salt and ground black pepper to taste
3 cloves garlic, chopped	1 cup frozen corn kernels
3/4 cup quinoa	2 (15 ounce) cans black beans, rinsed and drained
1 1/2 cups vegetable broth	1/2 cup chopped fresh cilantro
1 teaspoon ground cumin	

Directions

- 1 Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
- 2 Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
- 3 Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

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