

Quinoa and Black Beans



Rated: ★★★★★

Submitted By: 3LIONCUBS

Photo By: Dianne

Prep Time: 15 Minutes
Cook Time: 35 Minutes

Ready In: 50 Minutes
Servings: 10

"Whether you're trying quinoa for the first time or just trying a new recipe for quinoa, this mixture of quinoa, black beans, corn, and spices will make this dish a new favorite."

INGREDIENTS:

1 teaspoon vegetable oil	1/4 teaspoon cayenne pepper
1 onion, chopped	salt and pepper to taste
3 cloves garlic, peeled and chopped	1 cup frozen corn kernels
3/4 cup uncooked 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 the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and saute until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes,
3. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.

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