

Black Bean and Corn Quiona

Ingredients:

- Quinoa, 1/2 cups
- Veg Stock, 3 cups
- Olive Oil, 3 tbsp
- Cilantro (chopped), 3 tbsp
- Lime juice, 2 tbsp
- Jalapeno (chopped and seeded), 1
- Red Bell Pepper (chopped), 1
- Shallot (chopped fine), 1
- Garlic Clove (minced), 2
- Corn (thawed), 12oz
- Black Beans (raw), 16oz
- Mild Chili Powder, 1 tsp
- Cummin, 1/2 tsp

Directions:

1. Cook and drain black beans following the package directions
2. Cook Quiona in the veggie stock following the package directions
3. Cook peppers, shallots and garlic until shallots are translucent
4. Add beans, corn, and seasoning and cook till peppers are soft
5. Combine corn salsa, quinoa, and cilantro to a bowl and fold together gently

Yield:

Serving Size: 1 cup

Carbs:

Shelf Life: 5 Days