

# Black Bean Quinoa Spaghetti

Prep Time: 15 minutes  
Cook Time: 35 minutes  
Total Time: 50 minutes

Yield: 8 servings  
Calories per serving: 326  
Fat per serving: 5.3g

## Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 6 cloves garlic, minced
- 4 cups cooked black beans (or 2 cans)
- 1 28 oz can tomato puree
- ½ cup chopped olives
- 1 tsp dried basil
- ¼ tsp crushed red pepper flakes
- Salt and pepper to taste
- 8 ounces [Quinoa Spaghetti](#)
- 1/2 cup fresh grated Parmesan or vegan Parmesan

## Instructions

1. Heat olive oil over medium heat. Add onion, green pepper and red pepper. Cook for 10 to 12 minutes, or until tender. Add garlic and cook 30 seconds. Add beans, tomato puree, olives, basil, and red pepper flakes. Salt and pepper to taste. Bring to a boil and reduce heat to a simmer. Simmer uncovered for 20 minutes.
2. Cook spaghetti according to package directions and drain. Place spaghetti on a serving platter and top with bean mixture. Top with Parmesan cheese if desired.

## Notes

Servings 8, Calories 326, Fat 5.3g, Carbohydrates 52g, Protein 17.8g, Cholesterol 6mg, Sodium 476mg, Fiber 14.9g, Sugars 10.7g, WW Pts 7

<http://www.cookingquinoa.net/black-bean-quinoa-spaghetti>