

Quinoa and Black Bean



Prep time: 15 minutes

Cook time: 15 -20 minutes

Ingredients:

- ½ Large onion, chopped
- 2 Cloves garlic, peeled and minced
- 2 Tablespoon chopped fresh cilantro
- 1 Tablespoon vegetable oil
- 1 ½ Cups uncooked quinoa
- 3 Cups vegetable or chicken broth
- ½ Teaspoon ground cumin
- ¼ Teaspoon cayenne pepper
- 1 Cup frozen corn kernels
- 1 Can black beans, rinsed and drained
- ½ Tablespoon of lime-juice
- Salt and pepper to taste

Directions:

1. Heat the oil in saucepan over medium-high heat. Stir in the onion and garlic, and sauté until lightly browned.
2. Mix quinoa into the saucepan and sauté for a minute.
3. Then, stir in vegetable/chicken broth.
4. Season with cumin, cayenne pepper, salt, and pepper.
5. Bring the mixture to a boil, then cover, reduce heat, and simmer for approximately 13 minutes.
6. Rinse frozen corn and black beans, then stir into the saucepan, and continue to simmer for about 5 minutes until heated through.
7. Remove from heat and stir-in cilantro and lime-juice and serve.

Note: *This dish can be served fresh and warm, or chill in in the refrigerator before serving to allow the flavors to develop.*

Pacitti's Shopping list:

- 1 bundle of fresh cilantro
- 1 bag of frozen corn (4 cups)
- 2 cans of black beans (4 cups)
- lime juice