



Quinoa and Black Beans



Prep	15 m
Cook	35 m
Ready In	50 m

Recipe By: 3LIONCURBS

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

Ingredients

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 3/4 cup quinoa
- 1 1/2 cups vegetable broth
- 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. 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.
- 2 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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