

Mexican Quinoa in One Pan

Ingredients

1 Tb. Olive oil
2 cloves garlic, minced
1 jalapeno, seeded and minced
1 cup quinoa
1 cup vegetable or chicken broth
1 (15 oz.) can black beans
1 (15 oz.) can diced tomatoes
1 cup corn kernels (frozen, canned, fresh and charred on a grill)
1 tsp. chili powder
½ tsp. cumin
Salt and freshly ground pepper to taste

Finish with: 1 avocado, peeled, seeded and diced, juice of 1 lime, 2 Tb. Minced fresh cilantro

Process

Sauté garlic and jalapeno in olive oil until soft

Rinse quinoa 5 times until water runs clear, and drain

Stir in quinoa, broth, beans, tomatoes, corn, chili powder and cumin, and season with salt and pepper

Reduce heat to simmer, cover and cook until quinoa is soft and liquid absorbed, approximately 20 minutes. Remove from heat, cover and allow to steam to finish approximately 10 minutes.

Fold in avocado, lime juice and cilantro

Serve at room temperature or refrigerate and serve chilled

