

# Quinoa and Black Beans

Prep Time: 15 Minutes

Cook Time: 35 Minutes

Ready In: 50 Minutes

Servings: 6

## Ingredients:

1 teaspoon vegetable oil  
½ onion, chopped  
2 cloves garlic, peeled and chopped  
1/4 cup plus 1 Tablespoon uncooked quinoa  
3/4 cup vegetable broth  
½ teaspoon ground cumin  
1/8 teaspoon cayenne pepper  
Salt and pepper to taste  
1/2 cup frozen corn kernels  
1 (15 ounce) cans black beans, rinsed and drained  
1/4 cup chopped fresh cilantro



## Directions:

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Then season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes,
3. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.