**QUINOA & BLACK BEANS**

**Prep Time:** 5 minutes  
**Cooking Time:** 25 minutes  
**Makes** 6 - 8 servings (7 cups)

### Ingredients
- 5 mL (1 tsp) vegetable oil
- 1 onion, chopped
- 3 cloves garlic, peeled and finely chopped
- 175 mL (¾ cup) uncooked quinoa, rinsed and drained
- 375 mL (1½ cups) reduced-sodium vegetable broth
- 5 mL (1 tsp) ground cumin
- 1 mL (¼ tsp) cayenne pepper
- 250 mL (1 cup) frozen corn kernels
- 1 can (540 mL/19 oz.) can black beans, rinsed and drained
- 2 plum tomatoes, chopped
- 60 mL (¼ cup) fresh cilantro, chopped (optional)

### Directions

**Heat oil in a large pot over medium heat. Add onion and garlic, stirring often, lightly browned, 2 to 3 minutes.**

Add quinoa and heat, stirring constantly, for 1 minute.

Stir in broth, cumin and cayenne pepper, and bring to a boil; then reduce heat to medium low, cover and simmer for 20 minutes.

Stir in corn kernels, beans, and tomatoes and continue to simmer with lid on for another 5 minutes, or until liquid is completely absorbed and quinoa is tender.

Stir in cilantro, if using. Season with salt and pepper if desired.

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**Quinoa (pronounced “keen-wah”)** is a complete protein that is high in fibre, and many vitamins and minerals. This dish keeps in the fridge for up to 5 days, and can be eaten hot or cold.

Source: Adapted from recipe in Toronto Public Health’s “Nutrition Matters: Going with the Grain”

- **Budget-Friendly**
- **Quick & Easy**
- **Vegetarian**
- **Gluten-Free**
- **Good source of iron**

For the best flavor, be sure to take the time to rinse off raw quinoa before cooking, or it can develop a bitter taste (especially if you bought it from a bulk bin).

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