

# 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.

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).



Photo credit: Kimberly Green, RD

**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
- ✓ Gluten-Free
- ✓ Vegetarian
- ✓ Good source of iron



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