



Simple Quinoa

4 servings

Ingredients

- 1 cup of quinoa
- 1 cup of black beans (cooked/canned)
- 3/4 cup chopped tomatoes (fresh or canned)
- 1 tablespoon of olive oil
- 1/2 onion, finely chopped
- 2 cloves of garlic
- 1 cup of water
- Pepper and cumin
- 1 can of corn kernels

Directions

1. Heat the olive oil in a large skillet over medium-high heat. Add the garlic, onion and cook, stirring frequently, until they are translucent.
2. Stir quinoa, water, beans, tomatoes, corn kernels, and cumin; season with salt and pepper to taste.
3. When it reaches boiling point; Reduce the heat, cover and simmer until the quinoa is well cooked and the water is completely absorbed. Approximately 15-20 minutes. Remove from heat, let cool for a few minutes.

