

Herbal Legacy Recipes

QUINOA & BLACK BEANS

INGREDIENTS

- 1 onion, chopped
- 3 cloves garlic, peeled and chopped
- 3/4 cup uncooked quinoa, rinsed and drained
- 1 1/2 cups vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste
- 1 cup frozen corn kernels
- 2 (15 ounce) cans black beans, rinsed and drained (or 30 ounces of cooked black beans)
- 1/2 cup chopped fresh cilantro



DIRECTIONS

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

Adapted from AllRecipes.com

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy