

Nourish Program's Tex-Mex Quinoa

Yield: about 4 servings

Serving size: ½ cup

Amount:	Ingredient:
2 tsp	Canola oil
1 each	Bell pepper (any color), small dice
½ each	White onion, small dice
2 each	Garlic cloves, minced
1 cup	Quinoa, rinsed
2 tsp	Tajin, low sodium
1 tsp	Oregano, dried
1 can	Pinto beans (15 oz), drained and rinsed (or another canned bean)
2 cups	Vegetable broth, low sodium (or water)
½ cup	Extra sharp cheddar cheese, shredded

Method:

1. Heat oil in a stockpot over medium heat until hot and shimmery
2. Add onions, peppers, and garlic and cook until onions are soft (~2-3 minutes)
3. Add quinoa, tajin, oregano, beans, and broth and bring to a boil
4. Reduce heat to low and cook, covered, for 15 minutes
5. Remove from heat and let stand for additional 5 minutes before removing lid
6. Remove lid and stir in cheese

Helpful Tips:

- To remove bitterness, prior to cooking, rinse quinoa in a fine mesh strainer under cool running water
- Ratio for quinoa is 1-part quinoa to 2 parts liquid
- Substitute any whole grain for quinoa
- Mix in frozen or roasted vegetables to create a complete meal

Equipment Needs:

- Medium size stock pot (soup pot) with lid
- Rubber spatula or wooden spoon
- Measuring cups and spoons
- Cheese grater
- Can opener
- Strainer
- Cutting board
- Non-slip padding