

Spanish-Style Quinoa

- Submitted by Cecilia Santana, Wellness Ambassador

INGREDIENTS

- 2 Tbsp olive oil
- 1 cup of quinoa ([What is Quinoa?](#))
- 1/4 cup of minced onion
- 3 cloves chopped garlic
- 1/3 cup of chopped red pepper
- 1/3 cup of Low Sodium diced tomatoes (drained)
- 1/2 can of red beans or pink beans (drained and rinsed well)
- 1 tsp cumin
- 1 tsp chili powder or smoked paprika
- 2 cups water
- 1 tsp dried cilantro
- Add lemon, lime, salt or pepper to your taste

DIRECTIONS

1. Drain liquid from the portion of canned tomatoes you will be using. Set aside.
2. Heat oil on medium high. Sauté garlic, onion and red pepper for 2-3 minutes.
3. Add quinoa, then stir in tomatoes, beans, cumin, chili powder (or smoked paprika) and water. Bring to a boil. Reduce to medium low and cook for 15 minutes until liquid is absorbed.
4. Remove from heat and allow it to stand for about 10 minutes. Fluff with a fork. Allow quinoa to cool somewhat.
5. After quinoa has cooled somewhat, add chopped cilantro. Mix. Then add lime juice or lemon, salt or pepper to taste. Toss gently.
6. Serve and enjoy!