

# **Quinoa with Black Beans and Tomato-Cilantro Salsa**

## **Ingredients**

### **For the Quinoa:**

- 1 cup uncooked quinoa, well washed
- 1/2 small onion, minced
- 1/2 teaspoon ground cumin
- 2 garlic cloves, minced
- 2 tablespoons finely chopped red bell pepper
- 1/2 serrano pepper, finely chopped (optional)
- 1 teaspoon dried oregano
- 1 cup yellow corn kernels (thawed if using frozen)
- 1 cup black beans (canned is fine, drained and rinsed)
- Oil for cooking
- Salt and pepper, to taste
- Avocado slices, for garnish
- Tomato and cilantro salsa (recipe below), for garnish

### **For the Salsa:**

- 1 large very ripe tomato (or 2 medium, or 6 small)
- 2 tablespoons chopped cilantro
- 1 large lime, juiced
- Salt, to taste

## **Instructions**

### **Prepare the Quinoa:**

1. **Wash the Quinoa:**
  - If the quinoa is not pre-washed (check the package), wash it under running water by rubbing it between your hands. Repeat this process 3 to 4 times. Drain well.
2. **Cook the Quinoa:**
  - Heat a little oil in a skillet over medium heat. Add the minced onion and cook, stirring occasionally, until soft and translucent.
  - Add the minced garlic, chopped red bell pepper, serrano pepper (if using), and ground cumin. Stir and cook for a few minutes until fragrant.
  - Stir in the dried oregano.
  - Add the quinoa and mix well. Cook until the grains begin to crackle and change color, stirring occasionally.
  - Add water to the pan, cover, and reduce the heat. Simmer for about 20 minutes, or until the quinoa is fully cooked and all the liquid has evaporated. The quinoa is done when you see a small translucent ring around each grain.
  - Season with salt and pepper to taste.

3. **Serve:**

- Serve the cooked quinoa topped with the tomato-cilantro salsa and avocado slices.

**Prepare the Salsa:**

1. **Chop the Tomato:**

- Dice the tomato(s) and place in a bowl.

2. **Mix the Salsa:**

- Add the chopped cilantro and lime juice to the tomatoes. Season with salt to taste and mix well.

Enjoy your quinoa and black beans with the fresh and tangy tomato-cilantro salsa!