



Southwestern Beans and Quinoa

Submitted by PEHP Member Deborah D.

Ingredients:

3 cups dry black beans
1 medium onion, chopped
2 (4 oz) cans diced green chilies
3 cloves garlic, minced
1 tsp cumin
1 Tbsp chili powder
2 cups cooked quinoa
Sea salt, to taste

Steps:

- Soak beans overnight. Drain water then cook beans in slow cooker with plenty of fresh water until tender, about 5 hours.
- Caramelize the onion in a bit of canola oil over medium-low heat.
- Add caramelized onion, green chilies, garlic, cumin, and chili powder to the beans and cook on low for 1 hour.
- Five minutes before serving, add cooked quinoa and season to taste with salt. Heat through.

Tips from the Test Kitchen: Be sure to rinse and sort through the dry beans before cooking to remove any grit.