

QUINOA & SPICY BLACK BEANS

INGREDIENTS

- 4 C Vegetable Broth (See note below)
- 2 C Quinoa (See note below)
- 2 cloves Garlic (smashed)
- 1 T Turmeric
- 1 t Kosher Salt
- 1 Bay leaf

- 2 C Black Beans (dried, soaked overnight) **OR** canned
- 3 T Extra virgin olive oil
- 1 Onion (small) (diced)
- 1 Red pepper (chopped)
- 1 Jalapeno pepper (chopped)
- 2 cloves Garlic (chopped)
- 1 Bay leaf
- Water
- Salt & Pepper to taste



COOKING INSTRUCTIONS

- 1 In a 5 qt pot add the vegetable broth & seasonings & bring to a boil
- 2 Add quinoa, cover & reduce to a low heat until quinoa has absorbed all the liquid (15-20 minutes)
- 3 Let sit covered for 5 minutes & then remove the garlic & bay leaf.
- 4 In a 5 qt pot, heat the olive oil & add the onion, peppers, garlic & bay leaf cooking until all are softened (5 minutes)
- 5 Add the beans & cover them with about an inch of water
- 6 Bring to a boil & reduce the heat and cook on your lowest temperature for 1 - 1/2 hours or until the bean are tender
- 7 Season with salt & pepper and then add to quinoa

NOTES

- 1 If you're not using Ancient Harvest Quinoa, you should soak your quinoa in cold water for 15 minutes & then drain the remaining water before cooking the quinoa
- 2 Trader Joe's Low Sodium Vegetable broth is recommended because of its flavor & color
- 3 This recipe can be easily modified to be a Pareve cholent
- 4 Freezes well

