

Mexican Quinoa



Ingredients:

- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, minced
- 1 ¼ cups veggie broth
- 1 cup uncooked, pre-rinsed quinoa
- 1 14 oz. can diced tomatoes with green chilies
- 1 15 ½ oz. can black beans, drained and rinsed
- 1 ½ cups frozen corn
- ½ teaspoon cumin
- ½ teaspoon sea salt
- ¼ cup fresh cilantro, chopped

Directions:

1. In a large skillet or saucepan, heat olive oil to medium heat.
2. Add garlic, then sauté until fragrant, about 30 seconds.
3. Add remaining ingredients (minus the cilantro) and bring to a boil.

4. Reduce heat to low, cover, and simmer 20-25 minutes.
5. Stir in cilantro just before serving, then serve with a few cilantro leaves.