

Quinoa and Black Bean Salad

Yield: 10 servings

1 teaspoon vegetable oil
1 onion, chopped
1 red bell pepper, diced
3 cloves garlic, peeled and chopped
3/4 cup uncooked quinoa
1 1/2 cups vegetable broth
1 teaspoon ground cumin
1/4 teaspoon cayenne pepper
salt and pepper to taste
1 cup frozen corn kernels
1 (15 ounce) cans black beans, rinsed and drained
1/2 cup chopped fresh cilantro

Heat the oil in a medium saucepan over medium heat. Add the onion and pepper, and saute until lightly browned. Mix in the garlic and heat until fragrant, about 30 seconds. Stir in the quinoa, then pour in the vegetable broth. Season with cumin, cayenne pepper, salt, and pepper. Cover, reduce heat to low, and simmer for 20 minutes.

Stir in the frozen corn and continue to simmer about 5 more minutes, until heated through. Remove from the heat and stir in the black beans and cilantro. Serve warm or cold.

Source: [AllRecipes](#)