

# Black Bean Quinoa

MyPlate Unit: Plant-Based Proteins

## Ingredients:

- 1 Cup of Uncooked Quinoa
- 2 Cups of Chicken Broth
- 1 Cup of Rinsed, Drained Black Beans
- ½ Cup of Corn
- 1 Small Tomato, Chopped
- 4 Medium Green Onions, Chopped
- 1 Tablespoon Lime Juice
- 1 Clove of Garlic, Minced
- ¼ Teaspoon of Salt



## Directions:

- Rinse quinoa thoroughly by placing in a fine-mesh strainer and holding under cold running water until water runs clear; drain well.
- In a 2-quart saucepan, heat broth to boiling.
- Add quinoa; reduce heat to low. Cover; simmer 15 to 20 minutes or until liquid is absorbed.
- Fluff quinoa with fork. Stir in remaining ingredients.
- Cook uncovered about 3 minutes, stirring occasionally, until thoroughly heated.