

Recipe posted on gingerfriesen.com, February 2021

The New Mexican Quinoa

Adapted from a recipe given to me by my friend Farah Apicella

Ingredients:

- 1-2 Tablespoons extra virgin olive oil
- 5 cloves garlic, minced
- 1 yellow onion, chopped
- 3 1/2 cups chicken broth - see notes
- 1 1/2 cups uncooked quinoa
- 2 10-oz cans MILD diced tomatoes with green chiles
- 1-2 15-oz cans black or pinto beans, drained but not rinsed - see notes
- 1 1/2 cups frozen corn
- 1 teaspoon ground cumin
- 3/4 teaspoon salt
- Fresh cilantro, chopped avocado, grated cheese, and salsa for toppings

Instructions:

1. Heat olive oil in large skillet or pan, then add garlic and onion and sauté.
2. Add all other ingredients (not toppings) and bring to a boil.
3. Reduce heat and simmer for 20-25 minutes until quinoa has cooked and most liquid has evaporated. You can add more broth if you want it more soupy.
4. Add toppings just before serving.

Notes:

- My current go-to for chicken broth is the Kirkland Signature Organic Chicken Stock from Costco.
- I use 1 1/2 cans black beans and freeze the other 1/2 can for the next time I make it.
- This recipe generously serves our family of six with enough left over for one person's lunch the next day.