



## *Murder Blog Mysteries*

Pamelafrostdennis.com

### **Quinoa One Bowl Meal**

*Recipe from Pamela Frost Dennis*

#### **Ingredients:**

1 tablespoon olive oil (give or take)

1 diced onion – yellow, red – whatever you like.

½ diced red pepper

2 cloves garlic, minced

½ a large jalapeno, minced (taste before adding all of the jalapeno, depending on how spicy you want the dish to be)

¾ cup quinoa

1 cup vegetable or chicken broth

1 (15-ounce) can black beans, drained and rinsed

1 (14.5 oz) can fire-roasted diced tomatoes (not drained)

1 cup corn kernels – frozen is fine. Add more if you like.

Smoked Paprika to taste

Salt and Pepper to taste

1 avocado, halved, seeded, peeled and diced

2 tablespoons chopped fresh cilantro leaves

#### **Instructions**

1. Sauté the garlic, onion, pepper, and jalapeno until it starts to brown, about one minute.
2. Add the quinoa, broth, black beans, diced tomatoes, corn, smoked paprika, salt and pepper to the skillet and stir to mix well.
3. Bring the liquid to a boil, then reduce heat to medium low and cover the pan with the lid.
4. Cook covered for 20-25 minutes, until the quinoa is cooked through, but stir it halfway through cooking just to make sure the quinoa cooks evenly.
5. Serve in bowls and sprinkle the chopped cilantro and diced avocado on top.