



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
- 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, and pepper 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.