



Beans and Vegetable Quinoa

SERVING: 1 CUP
YIELD: 6

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- 2-1/2 cup Chicken Broth, unsalted, reserve 1/2 cup
- 1 cup Quinoa, rinsed, uncooked
- Cooking Oil Spray
- 1 tsp Garlic, minced
- 1/2 medium Onion, diced (finely chopped)
- 1 medium Green Bell Pepper, chopped
- 1 medium Zucchini, chopped
- 1 can (15.5 oz) Beans, no-salt added, drained and rinsed
- 1 can (8 oz) Tomato Sauce, no-salt-added
- 1/2 tsp Cumin
- 1/2 tsp Chili Powder
- 1/2 tsp Smoked Paprika
- 1/2 tsp Black Pepper
- 1/4 tsp Salt

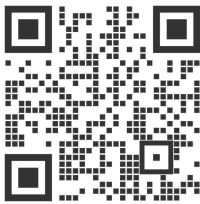
Directions

1. BOIL 2 cup broth in a small saucepan and cook 1 cup quinoa according to package directions, about 15-17 minutes until all liquid is absorbed.
2. HEAT cooking spray in saucepan over medium heat. ADD beans and cook 5 minutes. ADD onion, bell pepper, minced garlic and cook, stirring occasionally, until the vegetables are tender, about 5 minutes.
3. ADD the tomato sauce and seasonings. COOK 5 minutes.
4. Stir in the 1/2 cup broth, quinoa and zucchini. Cover and simmer 2-3 minutes. Enjoy!

Nutrition Facts	
6 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 370mg	16%
Total Carbohydrate 50g	18%
Dietary Fiber 11g	39%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3.3mg	20%
Potassium 820mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Recipe adapted from
diabetesfoodhub.com

*Cost information includes lower
cost ingredients found at local
grocery store 12/12/22.



Cost Per Recipe	Cost Per Serving
\$4.46	\$1.12

Beans and Grains: The Perfect Pairing

Red beans and rice. Black bean soup with whole grain rolls. Corn chips and bean dip. Quinoa and black bean casserole. Rice salad with white beans. What do these dishes have in common besides the fact they all contain beans? They're all pairings of beans and grains.

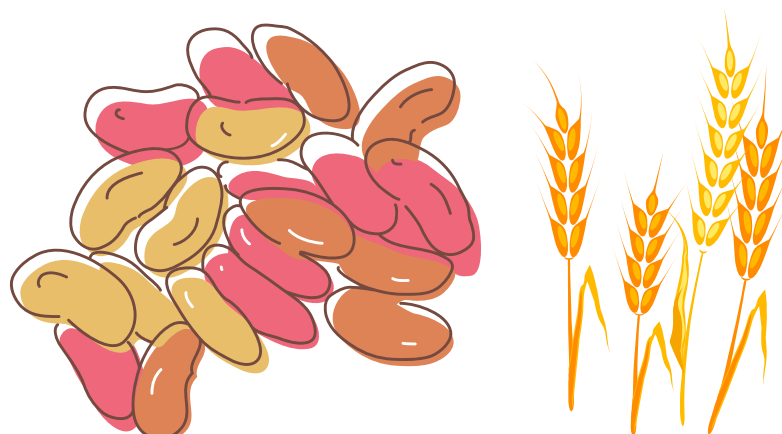
Nutrition and Health Benefits

Beans are an inexpensive source of protein, fiber, carbohydrates, and micronutrients, including folate, which often is lacking in American diets. Research has shown that bean consumption could greatly improve the diet quality of Americans. Consuming only 1/2 cup of cooked dry beans per day results in higher intakes of fiber, protein, folate, zinc, iron, and magnesium with lower intakes of saturated fat and total fat. A 1/2-cup serving of beans supplies 10% or more of the DV for potassium, magnesium, and iron, and beans are low in sodium. However, less than 8% of Americans consume either dry beans or peas on any given day. The soluble fiber and resistant starches in beans may help suppress appetite and manage blood sugar. While the sodium in canned beans can be an issue, individuals can reduce the sodium count by 40% if they rinse the beans. Beans also contain oligosaccharides (short-chain sugar polymers) and resistant starch, both of which act as prebiotics in the intestinal tract, similar to the action of dietary fiber. Beans also are rich in antioxidants, offering greater quantities than some wines and many vegetables.

Whole grains, like wheat and oats, have been studied extensively and research has demonstrated that consumption of whole grains improves diet quality and is associated with reduced risk of cardiovascular disease and type 2 diabetes, and improved weight management and gastrointestinal health. But as with beans, Americans consume very little whole grains. Less than 1% of the US population consumes the recommended intake of three servings (48 g) per day of whole grains, and about 20% report they eat no whole grains at all.

Dynamic Health Duo

It's been suggested that the nutritional and phytochemical components of beans, when coupled with those of whole grains, may have a synergistic effect that provides significant health benefits. Beans and whole grain consumption deliver complementary proteins, increase dietary fiber, and dilute energy density. Grains are a good source of the amino acid methionine, which beans are missing. Beans are a rich source of lysine, which grains are missing. Hence, they make a perfect pair. A complete protein.



Created by Jessica New Moon, MS, RD/LD