



Quinoa and Beans Casamiento

SERVING: 1 CUP
YIELD: 4

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- 2 cup Chicken Broth, unsalted
- 1 cup Quinoa, rinsed, uncooked
- Cooking Oil Spray
- 1/2 Onion, diced (finely chopped)
- 1 Green Bell Pepper, chopped
- 1/2 Tbsp Garlic, minced
- 1 can Kidney Beans, 15.5 oz
- 1/2 cup no-salt-added tomato sauce
- 1/4 cup water
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp black pepper

Directions

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

Nutrition Facts	
4 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 55g	20%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 5.1mg	30%
Potassium 890mg	20%
* 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 Per Recipe	Cost Per Serving
\$4.46	\$1.12