

Mexican Quinoa

Ingredients

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| Olive oil | 1 tablespoon |
| Yellow onion, diced | ½ cup |
| Garlic cloves, minced | 2 cloves |
| Large jalapeno, minced | ½ large jalapeno |
| Quinoa | ¾ cup |
| Vegetable broth | 1 cup |
| Black beans, drained and rinsed | 1 (15 ounce) can |
| Fire roasted tomatoes, diced (not drained) | 1 (14.5 ounce) can |
| Corn kernels | 1 cup |
| Chili powder | 1 teaspoon |
| Cumin | ½ teaspoon |
| Kosher salt and freshly ground black pepper | ¼ teaspoon |
| Avocado, halved, seeded, peeled, diced | 1 avocado |
| Lime juice | 1 lime |
| Fresh cilantro leaves, chopped | 2 tablespoons |

Directions

1. In a large pot over medium heat, add oil, onion, garlic, carrot and celery. Cook until vegetables are soft.
2. Rinse red lentils under water. Add lentils and 2 ½ cups water to the pot. Cover and cook on low heat for about 10 minutes or until lentils are soft.
3. Stir in tomato sauce, oregano, basil, parsley, cayenne pepper, salt and sugar.
4. Cook covered for about 15 minutes on low heat until bubbly and hot. It will burn easily if cooked on a high heat.
5. In another pot, boil water.
6. Once boiling, add spaghetti. Cook for 10 to 12 minutes until spaghetti is tender. Drain spaghetti. (whole wheat pasta takes a little longer to cook)
7. Serve sauce over spaghetti.

Serves 6

Did you know?

Lentils are great source of iron. Soft, pureed lentils can be a given to a baby after 6 months.