

Black Bean - Quinoa Casserole

Mary Bubla



Prep Time: 10 mins Total Time: 1 hrs Serves: 4, Yield: 6 cups

About This Recipe

"This is a pretty good healthy and easy to prepare dish"

Photo by Lalalou

Ingredients

↓ can double for bigger amount

- 1 (14 ounce) cans Rotel Tomatoes 2
- 1 (15 ounce) cans whole black beans, drained 2
- 1/4 cup sliced jalapenos 1/2 opt.
- 1 cup frozen corn 2
- 1/2 cup vegetable broth 1 - 2 1/2
- 3/4 cup quinoa 1 1/2 - 3 1/2
- 1/2 teaspoon garlic powder 1
- 1/2 teaspoon ground cumin 1
- 1/2 teaspoon ground coriander 1
- 1/4 teaspoon salt 1/2
- 1/4 teaspoon pepper 1/2
- 1 cup grated cheddar cheese 2 (Daiya - Plant based)
- sour cream (optional) plant based at Natural Growers

Directions

1. Preheat oven to 400.
2. combine all ingredients except cheese and sour cream in a 2 quart casserole.
3. cover with foil and bake for 30 minutes. → 40 min
4. remove and stir.
5. bake for another 20 minutes or until all liquid has been absorbed and quinoa is tender.
6. cover with cheese and broil till cheese is melted (usually around 1 or 2 minutes).
7. serve with sour cream.