

Southwest Quinoa

Some Ingredients: quinoa, corn, black beans, celery, red pepper, green pepper, can of diced tomatoes, jalapena, onion, garlic, ginger, cumin, cayenne pepper

First start cooking

1 2/3 cups quinoa in 3 cups water with 1/2 Tbsp of Better than Broth, miso paste, bouillon cubes or any flavoring you like, bring to boil and, lower heat and cook until done 15-30 minutes, While quinoa is cooking:

Sauté: I used small amount of avocado oil and mostly water to sauté

Add ½ - 3/4 tsp turmeric to the pan

1 large diced onion sauté until translucent med heat

Garlic cloves 6 diced small sauté another 3 minutes

Ginger root 1 to 2" depending on thickness shredded fine -sauté 1-2 minutes

½ tsp black pepper

1 ½ tsp cumin

cayenne pepper to taste

sauté briefly until fragrant

Add: Salt to taste 2 tsp or so

Put in large bowl-set aside

Sauté separately mostly with water, a little avocado oil

½ of a whole Celery bunch-sliced – and add to large bowl

Sauté together in water

1 green pepper-diced

1 red pepper-diced

Add all veggies to large bowl with spices

Microwave or cook briefly and add to bowl:

Frozen (petite) sweet corn -about 1 ½ cups or half of package--

Add following to bowl and mix together

1 can of diced petite tomatoes

2 cans of black beans, drained and rinsed

1 medium sized Jalapeño-finely diced (optional) Regulate the "hotness" to desire, or add siracha at eating

Add the cooked quinoa and mix all together

Add lime/lemon juice to taste now or before serving

Bake in 9x13 or larger casserole dish at 350 degrees oven 40 minutes to meld spices

Serve with salad, corn bread or green vegetable Leftovers freeze well