

Peruvian Black bean & Quinoa topped with Tomato Salsa

*Tomato salsa required a minimum of 1-hour marinating time.

Ingredients

3 teaspoons coconut oil
1 garlic clove, minced
1/2 medium yellow onion, small dice
1 carrot, small dice
2 stalks of celery, small dice
1 teaspoon aji pepper
2 cups red quinoa
4 cups vegetable stock, or water
1/8 teaspoon pepper
1/2 teaspoon salt
1 can black beans, drained and rinsed
1/2 cup cilantro

Directions

1. Place quinoa in a large sieve and rinse it until the water runs clear, then set aside.
2. Heat coconut oil on medium high heat in a medium size sauté pan (be sure the pan has a lid). Add the garlic, onion, carrot and celery, stirring occasionally until the onions are translucent. Next add the aji pepper and stir in until combined. Add the drained quinoa, vegetable stock, pepper and salt.
3. Bring to a boil and reduce to low heat and mixture is simmering then cover. Simmer for 20 minutes, or until the quinoa is tender and the stock has been absorbed. Remove from heat and put into a large serving bowl. Add in the black beans and then fluff up with a fork.

Top with Tomato Salsa, see recipe below.

Serves 6-8

Tomato Salsa

1/4 red onion, sliced thinly
1 cup grape tomatoes, quartered
1/2 teaspoon salt
1/4 teaspoon pepper
1 teaspoon aji pepper
1/4 cup cilantro
1 lime, juice
1 tablespoon Olive oil

Directions:

In a medium size bowl combine all ingredients. Allow salsa to marinate at least 1 hour before serving.