

Red Beans & Quinoa — FOK

Swick

Serves 6 | Active Time: 10 minutes | Total Time: 30 minutes

Step 1: Making the Beans and Quinoa

- 1 lg onion, cubed
- 1 green bell pepper, seeded and cubed
- 2 stalks celery, chopped
- 2 tbsp garlic, minced
- 1 tbsp dried thyme
- 2 (15-ounce) cans kidney beans, rinsed and drained*
- 4 cups vegetable stock
- 2 cups quinoa, rinsed
- sea salt and freshly ground black pepper, to taste
- 1 tsp red pepper flakes, or to taste (optional)

*Note: While this recipe suggests using canned beans (for convenience), dried beans that have been cooked yourself are always preferred. One cup of dried beans, equals 3 cups of cooked beans, which is the equivalent to the 2 cans called for in the recipe.

In sauté pan on medium to high heat, add the onions, peppers and celery to the pan, moving around the pan allowing the sugars to be released until the onions are slightly golden and translucent, about 3-4 minutes. Add 1/4 cup water or vegetable stock to deglaze and pick up those sugars to caramelize onions.

Add the garlic and thyme and cook until the garlic is softened and fragrant, about 1 minute.

Add the kidney beans and vegetable stock. Bring to a boil over medium-high heat. Reduce the heat to medium-low and cook, covered, to allow the flavors to come together, about 10 minutes.

Stir in the quinoa. Season with salt, black pepper, and red pepper flakes (if using), and simmer on low covered, until the quinoa is cooked and the flavors are well blended, 12 to 15 minutes. Taste and adjust the seasoning. Serve hot.