Dinner, Latin American

Cheesy Black Bean and Tomato Quinoa Bake

Fluffy quinoa simmers with black beans, tomatoes and warm spices, then finishes in the oven under a layer of melted cheddar.



Nut free

35 min	180	26 g	2 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 3 tsp olive oil
- [ ] 1 med onion(s) (diced)
- [ ] 1 med green bell pepper (diced)
- [ ] 2 clove garlic (minced)
- [ ] 2 cup quinoa
- [ ] 1 cup low sodium chicken broth (low-sodium, reduced-fat)
- [ ] 2 1/2 cup water
- [ ] 1 (15.5-oz) can black beans (no-salt added, rinsed and drained)
- [ ] 1 (14.5-oz) can canned diced tomatoes
- [ ] 1 tbsp chili powder
- [ ] 1 tsp cumin
- [ ] 1/4 tsp black pepper
- [ ] 1 cup cheddar cheese (reduced-fat shredded)

Nutrition Facts

Per serving

Calories	180
Total fat	5 g
Saturated fat	1.5 g
Sodium	130 mg
Total carbs	26 g
Fiber	4 g
Total sugars	2 g
Protein	9 g

Method

- [ ] 1 Preheat the oven to 350 degrees F and coat a 9 by 14 inch baking dish with the nonstick cooking spray.
- [ ] 2 Warm the olive oil in a pot over medium high heat, then sauté the onion and green bell pepper until the onion turns translucent.
- [ ] 3 Stir in the garlic and sauté for 30 seconds more.
- [ ] 4 Add the quinoa, low sodium chicken broth, water, black beans, canned diced tomatoes, chili powder, cumin and black pepper, then bring everything to a boil.
- [ ] 5 Lower the heat and simmer for 20 minutes.
- [ ] 6 Tip the quinoa mixture into the prepared baking dish and spread it out evenly.
- [ ] 7 Scatter the cheddar cheese over the top and bake for 10 minutes, until the cheese has melted and turned slightly golden.

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