

Easy Spicy Quinoa Dish

1 Onion
1/2 cup Jalapeno Peppers , chopped
1 Can Corn (12 fl oz /341 ML)
1 Can Fire Roasted Tomatoes 400 ML)
1 Can Black Beans (19 fl oz / 540 ML)
1 Cup Mixed Quinoa (Red/ Black / White)
1 TSP Crushed Chillies

Saute Chopped Onion in Olive Oil
medium high heat

Add all the ingredients Including the juice
from the tomato & corn cans. Don't use all
the liquid from the Black beans
in Deep Iron 12" Pan with top (or a fry pan
with a top)

Cook for 20- 30 minutes low

Garnish with chopped Avocados, fresh
tomatoes & cilantro
Serve with a Lemon or Lime add in
Himalayan Salt

Delicious as a side, or a simple main,
under roasted chicken or fish ~

Enjoy!!



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