

Grain & Bean Casserole



Ultimate one-pot meal! My favorite combination is black beans and quinoa. Chick peas and brown rice are also good.

Yield: 6 servings

Ingredients	Quantity	Comments
Sauté		
Olive oil	2 teaspoon	
Vegetable, chopped	¼ cup	Examples: onion, peppers, carrots
Garlic cloves, pressed	3	Optional
Add		
Whole grain - rinsed	1 cup	Quinoa is used in picture
Broth or water	About 2 cups	Varies depending on the grain
Ground cumin	1 teaspoon	Optional or other spice
Jalapeno pepper, minced	½ Tbsp.	Optional
Fresh cilantro, chopped	½ small bunch	Optional (keep some leaves for a garnish)
Salt & pepper	To taste	To taste
Finish		
Frozen corn kernels	1 cup	Optional
Canned beans, rinsed and drained	2 cups	Black bean, kidney beans or chick peas work well.

Instructions

- *Sauté:* Heat oil in a large pot or fry pan (with lid) over medium heat; sauté: vegetable and garlic until lightly browned, about 3-5 minutes.
- *Add:* grain, broth/water, seasoning and stir well. Cover and bring the mixture to a boil. Reduce heat and simmer until the grain is tender and the broth is absorbed (about 20 minutes).
- *Finish:* Stir in the remaining ingredients and continue to simmer until heated through (about 5 minutes).