



Ingredients

- ✓ 1 (25oz) can black beans
- ✓ ½ cup quinoa (any color)
- ✓ 2 Tbsp. olive or vegetable oil
- ✓ 1½ cups onion, chopped
- ✓ 1 cup sweet bell pepper, chopped
- ✓ 1 stalk celery, chopped
- ✓ 1 carrot, chopped
- ✓ 1 – 2 Tbsp. garlic, chopped (3-5 cloves)
- ✓ 1½ tsp. ground cumin
- ✓ ½ tsp. oregano
- ✓ ¼ tsp. cayenne red pepper (to taste)
- ✓ ½ tsp. sea salt (to taste)
- ✓ Freshly ground black pepper (to taste)
- ✓ 5 cups vegetable broth
- ✓ 2 Tbsp. fresh Meyer lemon or lime juice

Notes:

- You can use chopped scallions or cilantro, avocado slices, sour cream or yogurt (obviously not vegan) as an optional garnish.

Preparation

Rinse and drain black beans and reserve. Rinse quinoa thoroughly and reserve. In a large saucepan or soup pot, heat olive oil over medium heat and add onion, bell pepper, celery, carrot and garlic and cook and stir until onion is translucent, about 10-15 minutes. Add reserved quinoa, cumin, oregano, cayenne, salt and pepper and toss to mix. Add broth, stir well, cover, and simmer about 20 minutes, until quinoa nearly tender. Add reserved black beans and cook 5-10 minutes more. Taste for seasoning, stir in Meyer lemon juice and serve.