
BEAN-QUINOA BOWL



D'LISH

(Gluten-Free, Dairy-Free, Nut-Free, Egg-Free, Vegetarian, Vegan)

Yield: 4 servings **Total time:** 30 minutes

Ingredients

- 1, 15oz can beans (black, pinto, kidney, navy, chickpea), drained and rinsed
- 2 cups quinoa, cooked (2/3 cup dried)
- 2 cups cabbage or lettuce, shredded
- 1 cup grape tomatoes, chopped
- 1 small seedless cucumber, chopped
- 1 bell pepper, chopped
- 1/2 yellow onion, chopped
- 1 medium avocado, diced
- 1/4 cup hummus
- 1/4 cup nutritional yeast
- 2 tbsp olive oil
- 1/2 tsp seasonings: black pepper, paprika, garlic powder
- Fresh herbs (cilantro or basil)

Directions

1. Prepare quinoa: Rinse dried quinoa. Then, in a medium saucepan combine 2/3 dried quinoa with 1 1/3 cup water. Bring to a boil, the cover and simmer for 15-20 minutes until water is completely absorbed.
2. While quinoa is cooking prep other ingredients: Drain and rinse beans, chop lettuce, tomatoes, cucumbers, bell peppers, onion. Dice avocado. In a medium bowl, combine shredded lettuce, tomatoes, and cucumbers.
3. Cook peppers and onions: Heat 2 tbsp olive oil in a small pan over medium heat. Add chopped peppers, onions and seasonings. Sautee on medium-low heat for 8-10 minutes until tender and

Grocery List

- Beans
- Quinoa
- Cabbage or Lettuce
- Grape tomatoes
- Cucumber
- Yellow onion
- Bell pepper
- Avocado
- Hummus
- Nutritional yeast
- Olive oil
- Seasonings: black pepper, paprika, garlic powder
- Fresh herbs

Kitchen Equipment

- Chefs knife
- Cutting board
- Colander
- Saucepan with cover
- Can opener
- Sautee pan
- Medium bowl
- Spatula
- Fork
- Serving bowl

caramelized. When finished, remove from heat and let cool for 1-2 minutes.

4. When quinoa is finished: Let cool for 2-3 minutes then add drained beans and fluff with a fork.
5. To serve: divide quinoa into 4 serving bowls, top with salad, sautéed peppers and onions, hummus, avocado, nutritional yeast and fresh herbs.

Per serving: Calories 579; Total Fat 14g; Saturated Fat 1g; Sodium 208mg; Total Carbohydrates 68g; Fiber 18g; Protein 24g

Prep tips

- This recipe is great to use for meal prep. Portion out into 4 individual food storage containers. Store in the refrigerator for 4-5 days or in the freezer for 2-3 months. Note: If freezing only freeze quinoa and bean mixer without toppings. Add toppings after reheating or thawing.

Nutrition Information

- Hearty bowls, like this one, are a healthy and nutritious meal that are perfect to use for meal prep or for quick and easy meals. Not only are they simple to make, they are loaded with flavor, texture and nutrients.
- Quinoa is often referred to as a grain, but it is actually a seed and is gluten-free. It is high in fiber, vitamins, minerals, protein, healthy fats and antioxidants.
- Beans have a dense, almost meaty texture that makes them a popular source of protein in vegetarian and vegan dishes. They are an excellent source of plant protein, fiber and other nutrients like iron, zinc, potassium and folate. Incorporating beans into your diet can aid in maintaining healthy bones, lowering blood pressure, managing diabetes, reduce risk of heart disease, healthy digestion, and maintaining a healthy weight.
- Nutritional yeast is a highly nutritious vegan food product with various potential health benefits. It can be used to add extra protein, vitamins, minerals and antioxidants to meals. Studies suggest that nutritional yeast may help protect against oxidative damage, lower cholesterol and boost immunity.

