

Mexican-Style Vegan Quinoa



Discover the delightful benefits of our Vegan Mexican Quinoa recipe. Brimming with essential nutrients and authentic flavors, this plant-based dish offers a perfect blend of tastes.

Preparation 15 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 400

Fat 7

Carbohydrates 63

Fibre 15

Protein 21

Sodium 435

Ingredients

- 250 ml (1 cup) dry quinoa, rinsed
- 15 ml (1 tbsp) vegetable oil
- ½ onion, chopped
- ½ leek (white part only) sliced in half
- 1 medium bell pepper, cubed
- 1 clove of garlic (1 tsp) minced

- 250 ml (1 cup) marinara sauce (store bought or homemade)
- 1 - 540 ml (19 oz) can of black beans, rinsed and drained
- 125 ml (½ cup) nutritional yeast (see note)
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) chili powder
- Salt and pepper to taste
- Green onion, parsley or cilantro, finely chopped to taste (optional)

Note: Unlike the traditional yeast used to make bread or pizza dough rise, nutritional yeast is inactive. It is frequently used in vegan cooking because of its high vitamin B12 content. As a bonus, its nutty and cheesy taste enhances the flavours of vegan meals !

Preparation

1. In a saucepan, pour the quinoa and 500 ml (2 cups) warm water over high heat. Bring to a boil, then reduce heat to low and simmer until water is completely absorbed. Remove from heat and set aside.
2. Meanwhile, in a large skillet, heat oil and sauté onion and leek over medium-high heat for 3-4 minutes.
3. Add bell pepper, garlic, marinara sauce, black beans, nutritional yeast, spices, salt and pepper to taste, then add one cup (250 ml) of warm water. Mix well.
4. Bring to a boil, then reduce heat to low and simmer, stirring occasionally for 15 minutes.
5. Add the cooked quinoa to the sauce and mix well.
6. Remove from heat and reserve for 5 minutes.
7. When you're ready to serve, garnish with chopped green onions, parsley or coriander.



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