

Description: A flavorful and nutritious dinner bowl filled with quinoa, black beans, and sautéed onions

Ingredients:

- 1 cup white quinoa
- 2 cups water
- 1 can black beans, drained and rinsed
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Rinse the quinoa in a fine-mesh strainer and drain well
2. In a medium saucepan, bring the quinoa and water to a boil
3. Reduce the heat to low, cover, and simmer for 15-20 minutes or until the quinoa is tender
4. In a large skillet, heat the olive oil over medium heat
5. Add the diced onion and cook until softened, about 5 minutes
6. Add the minced garlic and cook for an additional minute
7. Stir in the black beans and cook until heated through
8. Fluff the cooked quinoa with a fork and serve with the black bean mixture

Tips:

- Use leftover cooked quinoa and black beans to make this recipe even quicker
- Add diced bell peppers or chopped tomatoes to the skillet for extra flavor and nutrients

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Original ingredients requested: white quinoa, back beans (Meal type: dinner)