

Red Beans and Quinoa

Ingredients

- 1 package Near East® Quinoa Blend Roasted Red Pepper & Basil
- 3/4 cup small red beans, canned with sauce
- 1/2 cup yellow onion, small dice
- 1/4 cup celery, small dice
- 1/4 cup green pepper, small dice
- 2 tbsp tomato paste
- 2 ¼ cups water
- 1 tsp thyme, fresh picked
- 2 bay leaves
- 1 clove garlic, minced
- 2 tbsp scallions, sliced thinly
- 2 tbsp olive oil
- 1/2 tsp salt
- 1 ½ tbsp Cajun-style seasoning

How to make it

1. Sauté onions in olive oil in a skillet or sauté pan.
2. Add celery and peppers and sweat until half way cooked.
3. Add tomato paste and cook until brownish red.
4. Add 1 ¾ cups of water and the contents of the quinoa blend.
5. Bring to a simmer, add Cajun-style seasoning, garlic, thyme and bay leaves.
6. Cooked on medium heat for 10 minutes, add red beans and 1/2 cup water.
7. Cook 8 more minutes, finish with scallions and salt to taste.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	25 min	30 min	4

Made with



Near East® Quinoa Blend Roasted Red Pepper & Basil