

# Quinoa and Black Bean Burrito Bowls

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1 burrito bowl

## Ingredients

1 cup uncooked quinoa, rinsed

Water

1 tablespoon olive oil

¼ cup minced onion (about ½ medium onion)

1 clove garlic, minced (about ½ teaspoon)

2 (15-ounce) cans no-salt-added black beans, drained and rinsed

4 tablespoons (¼ cup) chopped fresh cilantro, divided

1 teaspoon chili powder

Pinch cayenne

8 tablespoons (½ cup) lime juice (about 4 limes), divided

1 cup shredded or chopped lettuce, divided

8 tablespoons (½ cup) chopped bell pepper (about ½ medium bell pepper), divided

8 tablespoons (½ cup) frozen or no-salt-added canned corn (thawed if frozen, drained and rinsed if canned), divided

4 tablespoons (¼ cup) plain nonfat Greek yogurt, divided

Optional toppings: Salsa, sliced avocado, chopped fresh tomato, shredded cheese, hot sauce

## Directions

1. Add the quinoa and 2 cups of water to a small saucepan. Bring to a boil, then reduce the heat to maintain a simmer. Cover the pan with a lid and cook until the quinoa is tender, about 10-15 minutes. Remove from the heat and fluff with a fork, then set aside.
2. While the quinoa is cooking, heat a separate medium saucepan over medium heat.
3. Add the oil and heat until shimmering.
4. Add the onion and cook until softened and starting to brown, about 2-3 minutes.
5. Add the garlic and cook until fragrant, about 30-60 seconds.
6. Add the black beans, ½ cup of water, 2 tablespoons of the cilantro, the chili powder, and the cayenne. Bring to a boil, then reduce the heat to maintain a simmer.
7. Cook until the liquid is mostly evaporated, about 10-15 minutes.
8. Add 2 tablespoons of the lime juice to the black bean mixture, then remove from the heat.
9. Add the remaining 2 tablespoons of cilantro and remaining 6 tablespoons (¼ cup plus 2 tablespoons) of lime juice to the quinoa.
10. Divide the quinoa mixture between four serving bowls. Top each with ¼ cup of the lettuce, ½ cup of the black bean mixture, 2 tablespoons of the bell pepper, 2 tablespoons of the corn, and 1 tablespoon of the Greek yogurt.
11. Serve, adding other toppings as desired.

**Nutrition Facts Per Serving: Calories: 270 | Total Fat: 6 g | Saturated Fat: 1 g  
Sodium: 215 mg | Total Carbohydrate: 42 g | Dietary Fiber: 12 g | Protein: 15 g**

Adapted from [toriavey.com](http://toriavey.com) | Submitted by Janelle Kramer  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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