



# Quinoa, Shrimp, and Black Bean Casserole

Prep: 10 minutes | Cook: 50 minutes | Total: 60 minutes

Yield: 4 servings | Serving Size: ~2 cups

## Ingredients

- 1 teaspoon oil
- ½ cup onion, chopped
- 3 cloves garlic, minced (about 1 ½ teaspoons)
- ¾ cup quinoa, uncooked, rinsed
- 1 (15-ounce) can no-salt-added vegetable broth
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground black pepper
- 1 cup frozen corn kernels
- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 2½ tablespoons dried cilantro (or ½ cup fresh)
- 1 pound frozen shrimp, thawed and cooked

## Directions

1. Heat a medium or large saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and garlic.
4. Cook, stirring often, until the onion is lightly browned, about 8-10 minutes.
5. Add the quinoa, broth, cumin, cayenne pepper, and black pepper.
6. Increase the heat to high and bring mixture to a boil.
7. Cover the pot with a lid and reduce the heat to simmer.
8. Cook until the quinoa is tender and most of the broth has been absorbed, about 15-20 minutes.
9. Stir in the frozen corn, cooked shrimp, black beans and cilantro.
10. Continue to cook, stirring occasionally, until heated through.

## Recipe Notes

- To reduce sodium further, try using fresh shrimp, ensuring it is fully cooked prior to serving.
- To cook the shrimp with the quinoa, add it during the last 5 minutes of the total cooking time for the quinoa.

**Nutrition Facts Per Serving: Calories: 325 | Total Fat: 5.5 g | Saturated Fat: 1 g  
Sodium: 310 mg | Total Carbohydrate: 42 g | Dietary Fiber: 7 g | Protein: 28 g**

Inspired by a recipe submitted by Megan Gundy RD, Hines VAMC  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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