

# Southwestern Quinoa Bake (Vegan)

## Ingredients

- 1 cup **quinoa** (rinsed)
- 2 cups **water**
- 1 tablespoon **olive oil**
- 1 **onion** (chopped)
- 3 cloves **garlic** (minced)
- 1 cup **red bell pepper** (diced)
- 1/2 cup **yellow bell pepper** (diced)
- 1 cup **frozen corn kernels** (organic)
- 1 can **black beans** (cooked, rinsed and drained)
- 1/2 teaspoon **ground cumin**
- 1/4 teaspoon **cayenne pepper**
- 1 teaspoon **sea salt**
- 1 tablespoon **chopped cilantro**
- 1 cup **vegan cheese** (shredded, extra for topping)
- cilantro
- green onions (chopped)
- avocado (chopped)
- tomatoes - grape/cherry (halved)

## Directions:

Bring water and quinoa in a medium saucepan over medium-high heat to boiling. Reduce heat and simmer for 20 minutes. Preheat oven 350°F. In a large saucepan heat oil over medium-high heat. Add onion and garlic and cook stirring until onion is soft about 4 minutes. Add bell peppers, corn, black beans and stir. Add cumin, cayenne pepper, sea salt, and stir. Stir in cooked quinoa, chopped cilantro, and cheese. Remove from heat and spoon into a casserole dish, top with vegan cheese. Bake for 15 minutes. Garnish with avocado, tomatoes, green onions and cilantro and serve with a lovely salad or guacamole.

Made it and the kids loved it – (I didn't use cilantro – because I don't like the flavour – parsley was a nice substitute and I used regular cheddar - because we aren't vegan)

Enjoy! 😊

<https://healthiersteps.com/southwestern-quinoa-bake-vegan>