

Tropical Quinoa and Black Beans

This recipe originated from **Quick-Fix Vegan** by **Robin Robertson**.

1 cup quinoa, uncooked
1 ripe mango, diced, with skin removed
1 tablespoon vegetable oil
1 small red onion, minced
½ red bell pepper, minced
2 teaspoon grated fresh ginger
2 cloves garlic, minced
1 teaspoon light brown sugar
½ teaspoon dried thyme
¼ teaspoon ground cumin
¼ teaspoon ground allspice
¼ teaspoon ground coriander
⅛ teaspoon cayenne
1½ cups black beans (or 1 15-oz can, drained and rinsed)
Salt
Freshly ground pepper
2 tablespoons minced cilantro
1-2 tablespoons lime juice

Cook the quinoa according to package directions. Drain and set aside.

While the quinoa is cooking, heat the oil in a large skillet over medium heat. Add the onion and bell pepper and cook until softened, about 4 minutes. Stir in the ginger, garlic, sugar, thyme, cumin, allspice, coriander, and cayenne and cook until fragrant, about 1 minute.

Add the beans and quinoa and season with salt and pepper. Stir in mango, cilantro, and lime juice and cook until heated through.