

Ingredients

Quinoa Ingredients

- 1- cup Quinoa
- 1 tsp apple cider vinegar
- 1 tbls olive oil
- 1 tsp dried tarragon
- 1 tsp Worchester sauce (or Tamari)
- ½ tsp garlic powder
- ½ teaspoon onion powder

Beans Ingredients

- 1 Can organic black beans
- 2 tbls grapeseed oil (or other oil)
- 1 medium onion chopped
- 1 medium red pepper chopped
- 2 cloves garlic sliced
- 1 tsp smoked paprika
- ½ tsp crushed red pepper
- ½ tsp cayenne pepper

Greens Ingredients

- 1 bushel of kale chopped
- 2 tbls of coconut amino
- 1-2 tbsl of sesame seeds
- 1 tsp coconut oil

Sauce Ingredients

- ½ cucumber peeled
- ¼ cup tahini
- ¼ cup vegan mayo (veganaise)
- 1 tbls Jamaican jerk seasoning
- Lemon wedge squeezed

Other toppings

- Cilantro
- Sprouts (optional)
- Shredded Carrots (optional)
- Avocado Slice (optional)

Quinoa Power Bowl

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Servings: 3

Directions:

1. Rinse quinoa and add 3 cups of water (quinoa is a 3:1 ratio). Bring to a boil, then add other quinoa ingredients and turn heat to simmer. Cover, and keep top slightly ajar so there isn't any overflow. Cook for 15-20 minutes.

Note: you can also cook the quinoa in a instapot/rice cooker.

2. While quinoa is cooking, begin sautéing the chopped onions and peppers in a large skillet.

3. Once the peppers and onions are browned and softened a bit, open and rinse your beans and add to the mixture along with the garlic and seasonings. Cook on low and stir occasionally for about 5 minutes.

4. In a large pan with a top, add a couple tablespoons of water to the pan and heat up. Once heated, add the chopped kale, coconut aminos, and sesame seeds. Cover and turn on low. Add coconut oil, stir in, then cover again on low.

5. While the food is cooking on low, mix all of your sauce ingredients into a blender and pulse until blended well. Add water if you want to make this lighter. Taste for preference and add if needed.

6. Plate your food, set good intentions, be mindful, grateful, and spread love as you nourish yourself and others.

