

Be-warm brown beans bowl

Description

Even though it is summer here, sometimes I just feel like a warm nurturing dish. Something that warms my body, gives my face a glow and, as a bonus, is full of all the right nutrients.

Details

Servings
2 servings

Prep time
10 minutes

Cooking time
30 minutes

KmA challenge
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Ingredients

- Brown beans (+- 350gr)
- Onion (red or yellow)
- 1 Red pepper

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- 1 Big carrot
- 12 Cherry tomatoes
- Quinoa (100gr)
- Garlic
- Red chili
- Cilantro
- Paprika powder
- Chili powder
- Cayenne pepper (powder)

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Directions

- Cook the quinoa according to box
- Preheat oven
- Cut the onion (half and sliced), garlic, red chili, and fry in a frying pan in bit of olive oil
- Cut the carrot and red pepper and add to the onion mix
- Add the beans, paprika powder, chili powder and cayenne, mix it and put the heat low
- Put the cherry tomatoes (preferably still on the stick) in the oven until start turning brown
- Let the beans sit for 20 to 30 min
- Plate the quinoa with the beans mix
- Garnish with the grilled tomatoes and cilantro and optionally more red chili

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