

**Recipe Crediting Worksheet**

Recipe Name Quinoa and Black Beans

Portion Size 2/3 c.

Resource used: USDA Food Buying Guide Yield 22 servings

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
Black beans 15 ounce can	Three No. 300 cans (15 1/2 oz)	11.82 (3/8 c.)		
Quinoa, dry	2 1/4 c.			
Onion	3 whole small, 1.5 cups chopped		1.5	
Corn	3 c.		3 c.	
(4)	Recipe Total	11.82 3/8 c. servings	4.5 cup(s)	23.76 1/4 c. servings cooked equiv
(5)	(6) 7 Calculations	divide by the number of servings the recipe yields 22	Multiply by 4 = 18 1/4 c	divide by the number of servings the recipe yields
(6)			divide by the number of servings	
(7)	Each portion contributes	.53 (3/8 c. equiv)	.8 1/4 cup(s)	1.08 (1/4 c) equiv

**Ingredients:**

- 3 teaspoon vegetable oil
- 3 small onions (1 1/2 c. chopped)
- 6 cloves garlic, chopped
- 2 1/4 cups quinoa, rinsed
- 4 1/2 cups vegetable or chicken broth
- 3 teaspoon ground cumin

- salt and ground black pepper to taste
- 3 cups frozen corn kernels
- 3 (15 ounce) cans black beans, rinsed and drained
- 1 1/2 cup chopped fresh cilantro

**Directions:**

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with broth; season with cumin, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until

quinoa is tender and broth is absorbed, about 20 minutes.

3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

.5 M/MA (3/8 c.); 1.08 B/G (1/4 c.); .8 Veg (1/4 c.)