Mexican Quinoa

Ingredients:

* 1 Tbsp olive oil
* 2 cloves minced garlic (1 tsp)
* 1 cup quinoa
* 1 cup broth (chicken, beef, or veggie)
* 1 can black beans, drained and rinsed
* 1 can diced tomatoes
* I can whole kernel corn
* 1 tsp chili powder
* ½ tsp cumin
* salt and pepper to taste
* chicken or ground beef (chicken cut into pieces and marinated in salsa)
* big pinch of dried cilantro
* 1 avocado, halved, seeded, peeled, and diced.

Instructions:

Heat olive oil in a large skillet over medium high heat. Add garlic and cook, stirring frequently, for about a minute.

Stir in quinoa, broth, beans, tomatoes, corn, chili powder, and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat, and simmer until quinoa is cooked (translucent), about 30 minutes.

While that is simmering, cook chicken or ground beef in a separate pan. Add to main pan when cooked and continue to simmer.

Stir in cilantro and avocado.