

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Black Bean Chicken

From [www.cookingTF.com](http://www.cookingTF.com)

Serves 4-6

½ pound dry black beans or two cans, drained and rinsed  
1 onion, sliced  
1 red bell pepper, sliced  
4-6 boneless, skinless chicken breasts  
1 tsp salt  
¼ tsp pepper  
2 tomatoes, diced or 1 can, undrained  
2 cloves garlic, pressed  
½ tsp cumin  
½ paprika  
Dash oregano

Place the dry black beans in a crock-pot and cover with water by at least one inch. Place on “keep warm” and soak overnight, with the lid off. The next morning, drain and rinse the beans, then re-cover with water and cook on low or high with the lid on until the beans are tender. Drain and rinse.

Place the onion in the bottom of the crock-pot and layer the bell pepper on top. Place the chicken on top of the pepper and sprinkle with salt and pepper. In a bowl, combine the remaining ingredients with the beans and pour over the chicken. Cover and cook on low for 6-8 hours.

Serve over quinoa.

What is quinoa? It is an ancient “grain” (a seed that is actually a relative to leafy green vegetables like spinach and swiss chard) high in protein and providing all the essential amino acids. It is also gluten-free. It has a somewhat nutty flavor when cooked.

**To cook quinoa** (pronounced keen-wah):

1 cup quinoa  
1 ½ - 2 cups water (depending on how firm you want it to be)

Rinse quinoa (if not already rinsed) and place in a saucepan with the water and bring to a boil. Reduce to a simmer, cover and cook about 15 minutes until all the water is absorbed.

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