

Amazing Mexican Quinoa Salad

Jacob · 30/09/2024

**Prep Time**

2 hrs 20 mins

Difficult

Medium

Servings

8

Description

An extremely yummy spicy Mexican quinoa salad that will keep in the fridge for up to a week. My kids in university love packing this up for their lunch. You have everything you need for a very healthy meal in one dish. Substitute barley for the brown rice if desired. Turtle beans can be substituted for kidney beans.

Ingredients

- - 2 cups cooked quinoa - 1 (15 ounce) can pinto beans
- rinsed and drained - 1 (15 ounce) can kidney beans
- rinsed and drained - 1 (14 ounce) can corn - 1 red onion
- chopped - 1 cup cooked brown rice - 1 red bell pepper
- chopped - ¼ cup chopped fresh cilantro - ¾ cup olive oil - ½ cup red wine vinegar - 1 tablespoon chili powder
- or to taste - 2 cloves garlic
- mashed - ½ teaspoon salt - ½ teaspoon ground black pepper - ¼ teaspoon cayenne pepper
- or to taste

Instructions

1. Mix quinoa
2. pinto beans
3. kidney beans
4. corn
5. red onion
6. brown rice
7. red bell pepper
8. and cilantro together in a glass or plastic container with a lid. Whisk olive oil
9. vinegar
10. chili powder
11. garlic
12. salt
13. black pepper
14. and cayenne pepper together in a bowl; pour over quinoa mixture and toss to coat. Cover bowl with a lid and refrigerate until flavors blend
15. at least 2 hours. Stir salad again before serving.