Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Slow Cooker Black Bean and Quinoa Stew

1 ½ Cups Try Color Quinoa
1 TB Olive Oil
3 Cups Veggie Broth
½ tsp Sea Salt
1 TB Turmeric
3 Cans (15 oz) Seasoned Black Beans (this is about the only recipe I EVER use the sauce in a can of beans. I'm keeping it for the flavor in this stew.)
½ tsp Cayenne
2 Garlic Cloves, grated
2 TB Cilantro, chopped plus more for garnish
2 TB Lime Juice
½ Cup Nonfat Greek Yogurt
Cheddar Cheese, Jalapeños, fresh or pickled, Tortilla Chips - your choice as toppers or sides.

Step One Place quinoa into a 6-quart slow cooker. Add oil, broth, salt and turmeric.

Step Two Cover and cook on low for 4-5 hours or on high for 2-3 hours. Quinoa is done when liquid is almost absorbed.

Step Three Add beans with sauce and close lid. Cook on high about 30 minutes or until beans are warm. Stir in cayenne, garlic, cilantro and lime juice. Serve topped with yogurt and cilantro. I served it up on top of Yellow Brown Rice in the photo above - http://tasteandsavor.com/2013/09/09/meatless-monday-spanish-yellow-rice/

2 Kitchen Scoop

Nonfat Greek yogurt is a super substitute for sour cream. I use it in everything I used to slather with sour cream, even a baked potato. More protein and less fat, still satisfying. That's what I call a super swap out!

3 Clever Idea

Soup doesn't have to be just a cool weather meal. I make this recipe at all times during the year – nothing like the aroma of garlic and beans to fill the kitchen with a feeling of home. Even tho this recipe is super easy to make, I often double the recipe, because it freezes so well and we can enjoy it for lunch or dinner in the future, too.

4 Cheers!

Pichot Vouvray

Loire Valley France
About $18.00

Vouvray is just one of the delicious white wines of the Loire Valley in France. It hails from the Touraine district, located just east of the city of Tours. Chenin Blanc is the white wine grape used to make Vouvray - its just barely off dry, very fruit forward and soft. That's why it sings with the black beans, garlic and pepper; its honeyed taste is a super foil for the slightly spicy flavors.

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