

Crock Pot Mexican Casserole

Yield: 8 min
Total Time: 195 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-quinoa-crockpot-recipe>

Ingredients:

- 1 tablespoon virgin olive oil extra-
- 1 pound ground turkey or chicken, I used 93% lean ground turkey
- 1 yellow onion medium, diced
- 1 cup quinoa uncooked
- 20 ounces Old El Paso Enchilada Sauce mild or medium; I used medium
- 15 ounces black beans drained and rinsed
- 15 ounces fire-roasted diced tomatoes diced, in their juices
- 1 cup corn kernels fresh or frozen
- 1 red bell pepper cored and diced
- 1 green bell pepper cored and diced
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon garlic powder
- 1 cup mexican blend cheese shredded, divided
- green onion
- sour cream
- chopped fresh cilantro
- avocado

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 65 milligrams
4. Fat: 15 grams
5. Fiber: 7 grams
6. Protein: 24 grams
7. SaturatedFat: 6 grams
8. Sodium: 690 milligrams
9. Sugar: 4 grams

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