

# Mexican Quinoa Breakfast Bowl

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/best-rated-mexican-grill-bowl-recipe-tofu>

## Ingredients:

- 1 cup quinoa rinsed and drained
- 1 tablespoon coconut oil
- 1/4 cup onion finely chopped
- 2 garlic cloves minced
- 1/2 cup tomato sauce
- 1/2 teaspoon cumin
- 1 1/2 cups water
- 1/2 teaspoon salt
- 1/4 cup cilantro chopped
- tofu Scrambled, Breakfast Recipe,, click link for recipe
- 1 cup cherry tomatoes halves
- 1 avocado chopped
- 1 cup corn kernels
- jalapeno optional
- lime slices optional
- chopped cilantro optional

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 5 milligrams
4. Fat: 15 grams
5. Fiber: 10 grams
6. Protein: 17 grams
7. SaturatedFat: 5 grams
8. Sodium: 880 milligrams
9. Sugar: 9 grams

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