

# Vegetarian Quinos Mexican Dinner

Yield: 12 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-mexican-dinner-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 cup yellow onion chopped
- 2 tablespoons minced garlic
- 1 cup red bell pepper chopped
- 1 cup green bell pepper chopped
- 2 tablespoons tomato paste
- 14 ounces black beans rinsed
- 2 tablespoons chili powder
- 1 teaspoon cumin powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon oregano
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- 1/4 teaspoon sea salt
- 1 cup dried quinoa rinsed
- 1 lime juiced
- 2 cups water
- 4 ounces pepper jack cheese or dairy-free alternative / omit entirely

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 10 milligrams
4. Fat: 5 grams
5. Fiber: 5 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams

8. Sodium: 270 milligrams
  9. Sugar: 2 grams
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