

# Mexican Black Bean Spaghetti

Yield: 5 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-black-bean-spaghetti-recipe>

## Ingredients:

- 1 package pasta black bean
- 1 tablespoon avocado oil
- 1 red onion – chopped
- 1 jalapeno pepper seeded and finely diced
- 2 tomatoes – cored and diced
- 2 cloves garlic – peeled and minced
- 1/4 cup water
- 1 tablespoon chili powder
- 1/2 teaspoon oregano
- 1/2 teaspoon smoked paprika regular will work
- 1/4 teaspoon cumin
- 3 teaspoons sea salt ground
- 1/2 teaspoon black pepper
- 1 cup corn – fresh or frozen
- 2 cups spinach – coarsely chopped
- 3/4 cup cilantro – finely chopped
- 1 avocado – sliced
- 1/2 lime

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 17 grams
3. Fat: 10 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 1450 milligrams
8. Sugar: 4 grams

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