

Black Bean, Corn and Quinoa Picadillo Tacos

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-picadillo-tacos-recipe>

Ingredients:

- 1 cup quinoa
- 1 3/4 cups water or broth
- 1 tablespoon oil
- 1 onion diced
- 1 red bell pepper or green
- 1 jalapeno finely diced
- 4 cloves garlic chopped
- 1 teaspoon cumin toasted and ground
- 15 ounces black beans 1 can, or 1 1/2 cups cooked beans, from 1/2 cup dry
- 15 ounces diced tomatoes 1 can, or 2 cups fresh
- 1 teaspoon oregano
- 1/4 teaspoon canela
- 1/3 cup pimento stuffed olives cut into 3 slices
- 1/4 cup raisins
- 2 tablespoons capers drained
- 1 cup corn ~2 ears
- salt
- pepper
- cayenne
- 1 tablespoon cider vinegar
- 1/4 cup cilantro

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 72 grams
3. Fat: 9 grams
4. Fiber: 16 grams

5. Protein: 17 grams
 6. SaturatedFat: 1 grams
 7. Sodium: 990 milligrams
 8. Sugar: 11 grams
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