

Quinoa Black Bean Burrito Bowls

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-quino-burrito-bowls-recipe>

Ingredients:

- 1 cup quinoa
- 1 tablespoon olive oil
- 1/4 cup minced onion
- 1 clove garlic minced
- 30 ounces canned black beans or cooked, 2 cans, rinsed and drained
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon chili powder mild
- 1 pinch cayenne pepper spicy
- 1/4 cup fresh lime juice
- 1 cup shredded lettuce
- salt
- grated cheddar or jack cheese
- sour cream or Greek yogurt
- pico de gallo or salsa
- tomatoes Diced seeded
- hot sauce or sriracha
- avocado Sliced
- guacamole
- corn

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 25 grams
6. Protein: 28 grams

7. SaturatedFat: 3 grams
 8. Sodium: 860 milligrams
 9. Sugar: 3 grams
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