

Mexican Quinoa Casserole

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-spicy-mexican-quinoa-casserole>

Ingredients:

- 1 cup quinoa rinsed
- 1 tablespoon olive oil
- 1 medium onion chopped
- 3 cloves garlic minced
- 1 cup red bell pepper diced
- 1/2 cup yellow bell pepper
- 1 cup frozen corn kernels
- 1 1/2 cups black beans cooked, or 1-14 ounce can drained and rinsed
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt
- 1 tablespoon cilantro chopped
- 1 cup vegan cheese shredded, optional
- avocado optional
- tomato optional
- green onions optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 63 grams
3. Fat: 12 grams
4. Fiber: 12 grams
5. Protein: 16 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 1070 milligrams
8. Sugar: 11 grams

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