

Easy Mexican Quinoa

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-quinoa-recipe-with-fire-roasted-tomatoes>

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 jalapeño finely chopped
- 1 cup quinoa
- 1 cup chicken broth or vegetable broth
- 15 ounces black beans drained
- 14 1/2 ounces fire roasted tomatoes
- 1 cup corn can or frozen
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 lime juiced
- 1 small tomato diced
- chopped cilantro for garnish, optional
- salt
- pepper

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 65 grams
3. Fat: 7 grams
4. Fiber: 15 grams
5. Protein: 18 grams
6. SaturatedFat: 1 grams
7. Sodium: 780 milligrams
8. Sugar: 2 grams

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