

# Slow Cooker Mexican Quinoa & Rice

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 1 cup quick cooking brown rice
- 1 cup quinoa rinsed
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1 teaspoon chili powder
- 2 1/2 cups vegetable broth
- 1/4 cup tomato paste
- 3 cloves garlic minced

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 69 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 11 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1320 milligrams
8. Sugar: 3 grams

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