

Mexican Quinoa Skillet Dinner

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 tablespoon avocado oil
- 1 small yellow onion diced
- 1 red bell pepper diced
- 1 yellow bell pepper diced
- 1 jalapeño pepper diced*
- 1 cup dry quinoa rinsed well**
- 2 cups vegetable broth
- 2 tablespoons taco seasoning
- 1/4 teaspoon salt
- 15 ounces black beans drained and rinsed
- 1/2 cup chopped fresh cilantro
- 1 avocado sliced
- lime wedges for serving

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 60 grams
3. Fat: 14 grams
4. Fiber: 16 grams
5. Protein: 14 grams
6. SaturatedFat: 2 grams
7. Sodium: 1140 milligrams
8. Sugar: 5 grams

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