

Mexican Sauteed Vegetables

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-sauteed-vegetables-recipe>

Ingredients:

- 2 tablespoons olive oil or more if needed
- 1 onion sliced
- 2 bell peppers sliced
- 1 jalapeno sliced
- 6 mushrooms sliced thin
- 1 zucchini chopped evenly
- 4 cloves garlic diced
- 1 tablespoon cumin
- 1 tablespoon oregano
- 1/2 tablespoon cayenne pepper optional
- 1/3 cup cilantro

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 11 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 15 milligrams
8. Sugar: 5 grams

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