

# Mexican Tempeh Skillet Casserole

Yield: 6 min  
Total Time: 45 min

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

## Ingredients:

- 3 tablespoons olive oil
- 8 ounces tempeh crumbled
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1/2 yellow onion chopped
- 1 green bell pepper chopped
- 1/2 cup cremini mushrooms chopped
- 1 small zucchini chopped
- 2 cloves garlic minced
- 14 1/2 ounces diced fire roasted tomatoes
- 1/3 cup salsa
- 4 ounces green chiles chopped
- 3/4 cup vegetable broth
- 1/2 cup uncooked quinoa rinsed
- 15 ounces black beans drained and rinsed
- 2/3 cup frozen corn
- salt
- ground black pepper
- 1 cup shredded cheddar cheese a mix of yellow and white looks great melted on top!
- chopped cilantro for garnish, optional

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 20 milligrams
4. Fat: 18 grams
5. Fiber: 10 grams

6. Protein: 22 grams
  7. SaturatedFat: 6 grams
  8. Sodium: 820 milligrams
  9. Sugar: 4 grams
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