

One Pot Mexican Quinoa

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-zucchini-green-pepper-onion-recipe>

Ingredients:

- 1 pound ground turkey chicken, or lean ground beef
- 1 onion medium, diced
- 1 clove garlic minced
- 1 1/2 teaspoons ground cumin
- 15 ounces whole kernel corn, drained and rinsed
- 15 ounces black beans drained and rinsed
- 28 ounces crushed tomatoes
- 1 jalapeno deseeded and diced
- 1 cup quinoa rinsed
- 1 1/2 cups chicken stock
- 1 avocado diced

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 75 milligrams
4. Fat: 16 grams
5. Fiber: 15 grams
6. Protein: 32 grams
7. SaturatedFat: 3 grams
8. Sodium: 730 milligrams
9. Sugar: 3 grams

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