

Mexican Polenta

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 4 cups water
- 1 cup polenta
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper
- 2 teaspoons salt
- 3 tablespoons coconut oil or butter
- 1 can black beans drained and rinsed
- 1 pint cherry tomatoes halved
- 1/2 red onion peeled and diced
- 1 jalapeno seeded and diced
- 1/2 cup cilantro diced
- 1 lime
- 1/2 teaspoon salt
- 2 avocados halved, pit removed, sliced, and removed from the skin

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 41 grams
3. Fat: 27 grams
4. Fiber: 18 grams
5. Protein: 11 grams
6. SaturatedFat: 11 grams
7. Sodium: 2010 milligrams
8. Sugar: 5 grams

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