

# One Pan Mexican Quinoa

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic minced
- 1 jalapeno minced
- 1 cup quinoa
- 1 cup vegetable broth
- 15 ounces black beans drained and rinsed
- 14 1/2 ounces diced tomatoes fire-roasted
- 1 cup corn kernels frozen, canned or roasted
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- kosher salt
- freshly ground black pepper
- 1 avocado halved, seeded, peeled and diced
- 1 lime
- 2 tablespoons cilantro leaves chopped fresh

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 5 milligrams
4. Fat: 14 grams
5. Fiber: 16 grams
6. Protein: 23 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1300 milligrams
9. Sugar: 7 grams

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