

Cheesy Mexican Quinoa Casserole

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-mexican-budino-savory-asparagus>

Ingredients:

- 2 tablespoons olive oil
- 1 jalapeno diced fine
- 2 cloves garlic minced
- 1/2 white onion diced
- 1 red bell pepper large, diced
- 1/2 teaspoon chili powder
- 1 teaspoon cumin
- 1 cup quinoa
- 1 1/2 cups salsa
- 1 1/2 cups vegetable stock
- 15 ounces black beans rinsed
- 1/2 cup frozen corn
- 1 cup Monterey Jack cheese jalapeno, shredded
- lime optional
- cilantro optional
- avocado optional

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 25 milligrams
4. Fat: 20 grams
5. Fiber: 16 grams
6. Protein: 23 grams
7. SaturatedFat: 7 grams
8. Sodium: 1500 milligrams
9. Sugar: 7 grams

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