

Quinoa and Brown Rice Black Bean Fiesta Bowl

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-cabbage-quinoa-recipe-indian>

Ingredients:

- 1 cup quinoa dry
- 2 cups brown rice uncooked
- 1 cup dijon or brown mustard
- 1 cup plain greek yogurt
- 3 tablespoons water
- 1/2 teaspoon worcestershire sauce
- 1 teaspoon celery seed each of the following, smoked paprika, curry powder, garlic salt, salt and pepper
- 15 ounces black beans can, drained
- 2 cups cabbage thinly sliced
- 2 cups sliced cucumber quartered and
- 2 cups chopped tomatoes
- 1/2 cup salsa mild thin, not pico de gallo
- 1 avocado peeled and diced

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 91 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 14 grams
6. Protein: 18 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 890 milligrams
9. Sugar: 6 grams

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