

3-bean Mexican Bake

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-mexican-bake-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 white onion small, diced
- 3 cloves garlic minced
- 1 red bell pepper large, diced
- 1 orange bell pepper large, diced
- 2 cups corn kernels
- 2 tablespoons fresh lime juice
- 2 teaspoons ground cumin
- 1 tablespoon chili powder
- 1/2 cup cilantro chopped
- 1 1/2 cups low sodium black beans
- 1 1/2 cups kidney beans
- 1 1/2 cups pinto beans
- 3 cups cooked quinoa
- 2 cups part skim mozzarella cheese 8 ounces
- 1 tomato diced
- 6 green onions chopped

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 8 grams
6. Protein: 31 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1060 milligrams
9. Sugar: 7 grams

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