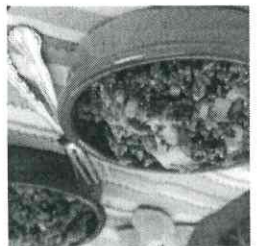


Dorrie



One Skillet Mexican Quinoa



Prep	15 m
Cook	25 m
Ready In	40 m

Recipe By: The Grunted Gourmand

"With a large family, I love these one skillet dishes where, for at least 15 minutes, I can 'set it and forget it!' And the kids love it! Serve it for Cinco de Mayo or any night of the week!"

Ingredients

- 1 tablespoon olive oil
- 1 jalapeno pepper, chopped
- 2 cloves garlic, chopped
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (14.5 ounce) can fire-roasted diced tomatoes
- 1 cup yellow corn
- 1 cup quinoa
- 1 cup chicken broth

Directions

- Heat oil in a large skillet over medium-high heat. Sauté jalapeno pepper and garlic in hot oil until fragrant, about 1 minute.
- Stir black beans, tomatoes, yellow corn, quinoa, and chicken broth into skillet; season with red pepper flakes, chili powder, cumin, salt, and black pepper. Bring to a boil, cover the skillet with a lid, reduce heat to low, and simmer until quinoa is tender and liquid is mostly absorbed, about 20 minutes. Stir avocado, lime juice, and cilantro into quinoa until combined.

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