

Mexican Quinoa

Oscar · 29/09/2024

**Prep Time**

40 mins

Difficult

Medium

Servings

4

Description

This Mexicanstyle quinoa can be a healthier alternative to Mexican or Spanish rice The glutenfree quinoa adds protein fiber and great taste while keeping all the flavor and spices of your usual Mexican or Spanish rice dish

Ingredients

- - 1 tablespoon olive oil - 1 cup quinoa
- rinsed - 1 small onion
- chopped - 2 cloves garlic
- minced - 1 jalapeno pepper
- seeded and chopped (Optional) - 1 (10 ounce) can diced tomatoes with green chile peppers (such as RO*TEL®) - 1 envelope gluten-free taco seasoning mix - 2 cups low-sodium chicken broth - ¼ cup chopped fresh cilantro

Instructions

1. Heat olive oil in a large skillet over medium heat; cook and stir quinoa and onion in hot oil until onion is translucent
2. about 5 minutes. Add garlic and jalapeño pepper to quinoa mixture and cook until garlic is fragrant and slightly softened
3. 1 or 2 more minutes. Mix undrained can of diced tomatoes with green chile peppers
4. taco seasoning mix
5. and chicken broth into quinoa mixture. Bring to a boil
6. reduce heat to medium-low
7. and simmer until liquid has been absorbed
8. 15 to 20 minutes. Stir in cilantro.