

OneSkillet Mexican Quinoa

Savannah · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

4

Description

This Mexican quinoa dish is one of those oneskillet recipes thats perfect for feeding a large family And the kids love it Serve it for Cinco de Mayo or any night of the week

Ingredients

- - 1 tablespoon olive oil - 1 medium jalapeño 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 - 1 tablespoon red pepper flakes
- or to taste - 1 ½ teaspoons chili powder - ½ teaspoon ground cumin - kosher salt and ground black pepper to taste - 1 medium avocado - peeled
- pitted
- and diced - 1 medium lime
- juiced - 2 tablespoons chopped fresh cilantro

Instructions

1. Heat oil in a large skillet over medium-high heat. Sauté jalapeño pepper and garlic in the hot oil until fragrant
2. about 1 minute. Stir black beans
3. tomatoes
4. corn
5. quinoa
6. and chicken broth into the skillet. Season with pepper flakes
7. chili powder
8. cumin
9. salt
10. and black pepper; bring to a boil. Cover the skillet with a lid
11. reduce heat to low
12. and simmer until quinoa is tender and liquid is mostly absorbed
13. about 20 minutes. Add avocado
14. lime juice
15. and cilantro; stir until combined. One-Skillet Quinoa with Black Beans. Allrecipes Tips For a little more heat
16. stir in 1 tablespoon of Sriracha sauce. For a vegetarian dish
17. use vegetable stock instead of chicken. Editor's Note: The magazine version of this recipe is called One-Skillet Quinoa with Black Beans. Please note differences in ingredient amounts and time when following the magazine version of this recipe.