



One-Skillet Mexican Quinoa



Ingredients:

- 1 TBLS 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 TBLS red pepper flakes, or to taste
- 1 ½ tsps chili powder
- ½ tsp ground cumin
- kosher salt and ground black pepper to taste
- 1 medium avocado - peeled, pitted, and diced
- 1 medium lime, juiced
- 2 TBLSs chopped fresh cilantro

Method:

1. Heat oil in a large skillet over medium-high heat. Sauté jalapeño pepper and garlic in the hot oil until fragrant, about 1 minute.
2. Stir black beans, tomatoes, corn, quinoa, and chicken broth into the skillet. Season with pepper flakes, chili powder, cumin, salt, and black pepper; bring to a boil.
3. Cover the skillet with a lid, reduce heat to low, and simmer until quinoa is tender and liquid is mostly absorbed, about 20 minutes.
4. Add avocado, lime juice, and cilantro; stir until combined.

Tips:

For a little more heat, stir in 1 TBLS of Sriracha sauce.