



One Pan Mexican Quinoa

Wonderfully light, healthy and nutritious. And it's so easy to make - even the quinoa is cooked right in the pan!

Ingredients

- 1 TBSP olive oil
- 2 cloves fresh garlic, minced or 1 heaping TBSP of jarred garlic
- 1 jalapenos, minced or 1 small can diced jalapenos
- 1 cup red quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup corn kernels
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves (optional)

Instructions

Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.

Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 15-20 minutes.

Stir in avocado, lime juice and cilantro.

Serve immediately.

Compliments of www.damnedlicious.net (Cook Like a Champion)