

One-Pan Mexican Quinoa

Love quinoa, easy recipes, and Mexican flavors? You're in the right place! Our simple, delicious Mexican Quinoa is the perfect weekday family dinner.

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins



5 from 1 vote

Course: Main Course Cuisine: Mexican

Keyword: Mexican Quinoa, One-pan Quinoa Servings: 4 people

Calories: 362kcal

Ingredients

- 1/2 onion finely chopped
- 2 garlic cloves
- 1 cup red pepper finely chopped
- 1 fresh tomato finely chopped
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1 cup corn
- 1 cup black beans
- 1 cup quinoa
- 2 cups water or vegetable stock
- 1 avocado
- A handful fresh cilantro
- 1 lime

Instructions

1. Finely chop the onion, red pepper, and fresh tomato. Mince the garlic.
2. Add olive oil to a large pan, and cook the chopped onion and pepper until the onion starts to soften.
3. Next, add the chopped tomato, garlic, and spices. Mix well and cook at medium heat for a few minutes.
4. Rinse the quinoa.
5. Add the quinoa, corn, beans, and water or vegetable stock. Incorporate all these ingredients, mix well so everything is combined, and bring the water to a simmer.
6. Cover the pan with a lid or place some tin foil securely on top, ensuring you leave a small gap for the steam to escape.

7. Leave the quinoa cooking for about 15 minutes at low temperature. After this, turn the heat off and leave to rest for five more minutes.
8. Remove the tinfoil, and with two forks, fluff the quinoa.
9. Garnish with sliced avocado, chopped coriander, and some fresh lime.

Notes

You can add a teaspoon (or two) of chipotle paste when cooking the tomato or right at the end if not everyone likes spicy food.

Nutrition

Calories: 362kcal | Carbohydrates: 57g | Protein: 13g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 6g | Sodium: 308mg | Potassium: 935mg | Fiber: 13g | Sugar: 5g | Vitamin A: 1869IU | Vitamin C: 65mg | Calcium: 65mg | Iron: 4mg