

Mexican Quinoa and Sweet Potato Skillet

kristineskitchenblog.com

This Easy Skillet Mexican Quinoa with Sweet Potatoes is a one pot meal that you can have on your table in 30 minutes! Black beans add even more protein to this vegetarian dinner.

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Servings: 6 servings Calories: 322kcal

Ingredients

- 2 medium sweet potatoes
- 2 teaspoons olive oil
- 1 small red onion
- 2 cloves garlic minced
- 1 ½ tablespoons chili powder
- ½ tablespoon cumin
- ¼ teaspoon salt
- 15 ounce can tomato sauce
- 1 ½ cups water
- 1 cup uncooked quinoa rinsed well and drained
- 15 ounce can black beans rinsed and drained
- 1 cup shredded Monterey jack cheese divided
- ½ cup chopped fresh cilantro divided
- tortilla chips or whole grain tortillas for serving

Instructions

1. Peel and chop the sweet potatoes into ½-inch cubes.
2. Heat olive oil in a large skillet over medium low heat. Add the sweet potatoes and cook, stirring occasionally, for 2 minutes.
3. Meanwhile, chop the onion. Add the onion to the skillet and cook for 2 minutes. Stir in the garlic, chili powder, cumin, and salt and cook for 30 seconds.
4. Stir in the tomato sauce, water, quinoa, and black beans. Cover and bring to a boil; reduce heat to a simmer and cook until the quinoa has absorbed most of the liquid, about 15 minutes.
5. Stir to make sure everything is evenly distributed. Remove from the heat and stir in ½ cup of the cheese and ¼ cup of the cilantro. Sprinkle the remaining cheese and cilantro over the top. Serve with tortilla chips or wrap in tortillas, if desired.

Nutrition

Calories: 322kcal | Carbohydrates: 46g | Protein: 15g | Fat: 10g | Saturated Fat: 4g | Cholesterol: 17mg | Sodium: 905mg | Potassium: 855mg | Fiber: 10g | Sugar: 6g | Vitamin A: 7282IU | Vitamin C: 10mg |



Calcium: 220mg | Iron: 4mg

Nutrition information is only an estimate.

© Kristine's Kitchen <https://kristineskitchenblog.com>