

ONE PAN MEXICAN QUINOA

There are some recipes that become part of your regular rotation, and this is definitely one of mine. Whether I'm feeding friends on the porch during a cool White Mountains evening or putting together a quick weeknight dinner, this one-pan meal never disappoints.

Quinoa is one of my favorite pantry staples because it's incredibly versatile. It works as a hearty main dish or a flavorful side. Best of all, this recipe comes together in a single pan, making cleanup almost effortless.

Naturally gluten-free and completely vegan, this dish is packed with plant-based protein, vegetables, and bold Southwestern flavors. It's wholesome enough for everyday meals but delicious enough to serve to guests.

If you're cooking for meat lovers, feel free to brown a pound of lean ground beef with the onions and garlic, then finish the recipe as directed. Top with shredded Mexican cheese and a dollop of sour cream, if you'd like. Prefer to keep it vegan? It's absolutely delicious just as it is.

Garnish with diced avocado, fresh cilantro, crushed tortilla chips, or your favorite dairy-free sour cream. One pan, about 20 minutes, and plenty of leftovers for lunch the next day—that's my kind of cooking!

What You'll Need

- 2 cups organic quinoa
- 2–3 tablespoons PINETOP OLIVE OIL Roasted Chili & Garlic Olive Oil (or substitute jalapeño, Harissa, or Citrus Habanero Olive Oil)
- 4 cups vegetable broth
- 1 can fire-roasted diced tomatoes (I use Roelle)
- 1 can black beans, drained and rinsed
- 1 can corn (or fresh corn cut from the cob)
- 1 cup of your favorite salsa
- 1 cup diced yellow or red onion
- 2 cloves fresh garlic, minced
- 1 small jalapeño, minced
- 2 teaspoons chili powder
- Sea salt to taste
- Juice of 1 lime
- ½ cup chopped fresh cilantro
- 1 ripe avocado, diced (For Garnish)Optional
- 1-pound lean ground beef
- Shredded Mexican cheese
- Sour cream or dairy-free sour cream
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Instructions

1. Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Add the onion, garlic, and jalapeño. Sauté for 2 to 3 minutes until fragrant. If using ground beef, add it now and cook until browned.
2. Stir in the quinoa, vegetable broth, black beans, corn, diced tomatoes, salsa, chili powder, and sea salt. Bring to a boil, reduce heat to low, cover, and simmer for about 20 minutes (no peeking!) until the quinoa is tender and the liquid is absorbed.
3. Remove from the heat and gently fold in the cilantro and lime juice. Serve with shredded Mexican cheese, sour cream, crushed tortilla chips, extra cilantro, or sliced avocado, if desired.

Kitchen Tip

Don't be afraid to make this recipe your own! Bell peppers, zucchini, roasted poblanos, spinach, or even grilled chicken make wonderful additions. It's one of those forgiving recipes that's easy to customize with whatever you have on hand.

From my kitchen to yours... happy cooking! Cheers! Kimberly Young