

Mexican Black Bean Fiesta



Prep:

10 - 15 minutes

Total:

30 minutes

Makes:

6 - 8 servings

Utensil:

Blender

12" Electric Oil Core Skillet

Stainless Steel Cutlery Set

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Recipe:

Contributed By:

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Recipe Description:

Here's a quick and easy meal that family and baby will enjoy. We call this dish Mexican Fiesta because it's a party for the tastebuds! The goodness of avocado, quinoa and black beans make this one dish meal power packed with protein so after dinner you feel full much longer. Excellent for summertime when you don't want to heat up the kitchen.

1 pound
ground meat (lean ground turkey or vegan/vegetarian)
(454
g)
3 - 4 tomatoes, diced
³/₄ cup
quinoa
(128
g)
2 cups

black beans, cooked

(344

g)

2 - 3 garlic cloves, minced

1 cup

chicken or vegetable stock

(240

mL)

1 avocado, peeled and diced

1 mango, peeled and diced (optional)

Directions:

1. Place lean ground meat in electric skillet. Cover and set temperature to 375°F/190°C.
2. When Vapo-Valve™ clicks steadily, stir meat until no longer pink.
3. Add tomatoes, quinoa, beans, garlic and stock to skillet. Cover.
4. When Vapo-Valve™ clicks steadily, lower temperature 180-250°F/80-120°C for 25 - 30 minutes.
5. Serve with avocado, mango and salsa.

Tips:

- Mash it up with a fork for older babies or use a blender to grind up the meal to desired texture for younger babies.

Nutritional Information per

▼ Serving

Calories: 271

Total Fat: 10g

Saturated Fat: 2g

Cholesterol: 45mg

Sodium: 69mg

Total 30g

Carbs:

Dietary Fiber: 8g

Sugar: 6g

Protein: 18g

Nutrition information calculated with ground turkey and chicken stock

Vegan Alternative

Calories: 236

Fat: 5g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 308mg

Carbohydrate: 35g

Fiber: 10g

Sugar: 6g

Protein: 16g

Nutrition information calculated using vegetable protein crumbles and vegetable stock