

Mexican Quinoa



Makes:

9 servings, approximately ½ cup each

Utensil:

5 Qt./4.7 L Roaster with Cover

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Recipe:

Contributed By:

Physicians Committee for Responsible Medicine

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1½ cups
quinoa

(255
g) 3 cups

water
(700
mL) 1½ cups
salsa

(388
g) 1½ teaspoons
garlic powder

(7.5
mL) 1½ teaspoons
onion powder

(7.5
mL) ¾ teaspoons
salt

(3.7
mL)

Directions:

1. Rinse quinoa well before using.
2. Add all ingredients to roaster. Set to medium heat and bring to a rolling simmer.
3. Cover and reduce heat to medium-low. Cook for 15 - 20 minutes.
4. Fluff with a fork before serving.

[Nutritional Information per](#)

▼ [Serving](#)

Calories: 119

Total Fat: 2g

Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 460mg
Total 21g
Carbs:
Dietary Fiber: 3g
Sugar: 3g
Protein: 5g
