

One-Skillet Mexican Quinoa

SHOPPING LIST:

PRODUCE

- 1 medium jalapeño pepper
- 2 cloves garlic
- 1 medium avocado
- 1 medium lime
- 2 tablespoons fresh cilantro

GRAINS

- 1 cup quinoa

CANNED GOODS

- 1 can black beans (15 oz)
- 1 can fire-roasted diced tomatoes (14.5 oz)
- 1 cup yellow corn

PANTRY

- 1 tablespoon olive oil
- 1 cup chicken broth
- 1 tablespoon red pepper flakes
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- Kosher salt
- Ground black pepper