

Quinoa Enchiladas

Prep Time : 20 mins
Cook Time : 4-6 hours

Ingredients:

- 3/4 cup quinoa
- 1 lb ground meat (I prefer chicken or turkey)
- 1 can red enchilada sauce + 1 can water
- 1 can Rotel
- 1/2 cup salsa
- 1/2 medium sized onion
- 2-3 gloves garlic
- 1/2 cup peppers
- 1 cup frozen corn
- 1 can black beans
- 1 Tbsp chili powder
- 1 tsp cumin
- 1 cup cheddar cheese

Cook the ground meat. Pour into crock pot. Dice onion and garlic. Add to crock pot. Rinse quinoa and add. Chop peppers and add. Drain and rinse beans. Dump in all remaining ingredients and seasonings. Stir. Store in fridge overnight. Cook on high for 4-6 hours.



Notes :

Optional garnishes: sour cream, jalapeño, additional cheddar cheese, hot sauce, tortilla chips, cilantro, green onion