

quinoa tacos

prep: 15m

serves: 6-8

slow cooker: 2-4h

freezer friendly

ingredients:

Photo
Coming
Soon

1 cup quinoa
1 cup vegetable broth / chicken stock
2 cans (15 oz) black beans
1 can (14.5 oz) diced tomatoes
1 can (10 oz) enchilada sauce
1 can (15 oz) corn
3 tbsp or 1 packet taco seasoning
corn or flour tortillas or chips
toppings as desired

instructions:

- rinse quinoa in a fine sieve
- drain and rinse black beans and corn
- add quinoa, stock, beans, tomatoes, corn, enchilada sauce, and taco spices to slow cooker
- cook on high 2.5-4 hours
- serve as tacos or dip with desired toppings

notes:

- ✓ vegan friendly
- ✓ makes a great dip
- ✓ freezer friendly

- ✓ spice to taste
- ✓ potluck friendly

