

Quinoa Fajita Casserole



FOODSERVICE

SERVING SIZE: 10

Ingredients

- 1 cup Onion, Sliced Thin
- 1/4 cup Red Bell Pepper Diced
- 1/4 cup Green Peppers, Diced
- 3 tablespoons Fresh Garlic, Minced
- 2 cups **Furmano's Fully Cooked Quinoa**
- 1 cup **Furmano's Seasoned Black Beans**, Drained
- 1/4 cup **Furmano's Nacho Sliced Jalapenos**, Drained and Diced
- 1 tablespoon Salt
- 1/2 tablespoon Black Pepper Flakes
- 2 teaspoons Cumin
- 2 teaspoons Chili Powder
- 2 cups Shredded Monterey Jack Cheese

In This Recipe



Fully Cooked Quinoa - 24 oz.



Fully Cooked Quinoa - 96 oz.



Green Nacho Sliced
Jalapeno Peppers



Seasoned Black Beans

Preparation

1. Preheat oven to 375F.
2. In a medium sized saute pan over medium heat, add Oil, just when it starts to shimmer add Onion, let caramelization, about five minutes.
3. Add in Peppers and saute for three minutes. Toss in fresh garlic and cook until a golden brown.
4. In a medium sized bowl combine Quinoa with Pepper, Onion mixture. Toss to combine. Add in every ingredient except Cheese.
5. In a 9X13 casserole dish add mixture and spread out evenly, cover with cheese and bake for 20 minutes or until bubbling.