

# One-Pot Mexican Quinoa - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Vegetable Broth</b> <i>(240 ml)</i>	1	Cup	240 ml
<input type="checkbox"/>	<b>Quinoa</b> <i>(200 g)</i>	1	Cup	200 g
<input type="checkbox"/>	<b>Canned Tomatoes</b> <i>(260 g)</i>	1	Can	260 g
<input type="checkbox"/>	<b>Red Beans (Canned)</b> <i>(255 g)</i>	1	Can	255 g
<input type="checkbox"/>	<b>Canned Corn</b> <i>(1 g)</i>	1	Can	1 g
<input type="checkbox"/>	<b>Avocado</b> <i>(140 g)</i>	1	Piece	140 g
<input type="checkbox"/>	<b>Lime</b> <i>(86 g)</i>	1	Piece	86 g
<input type="checkbox"/>	<b>Jalapeño Peppers</b> <i>(30 g)</i>	1	Piece	30 g
<input type="checkbox"/>	<b>Garlic</b> <i>(5 g)</i>	2	Tooth	5 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Ground Chili Pepper</b> <i>(4 g)</i>	1	Teaspoon	4 g
<input type="checkbox"/>	<b>Cumin 2</b> <i>(0.08 g)</i>	0.5	Teaspoon	0.08 g
<input type="checkbox"/>	<b>Dried Coriander</b> <i>(4 g)</i>	2	Teaspoon	4 g