

# Pinto Bean Fajita Bowl



PREP TIME

5 mins

COOK TIME

13 mins



COURSE

Dinner, Lunch



SERVINGS

2

CALORIES

435 kcal

## INGREDIENTS

- 1 Tbsp olive oil
- 12 oz peppers and onion sliced into fajita strips
- 1 15 oz can pinto beans drained and rinsed
- 1/2 tsp taco seasoning
- 6 oz chorizo flavored seitan (like Upton's Natural brand)

## INSTRUCTIONS

1. In a large skillet over medium heat, heat the olive oil.
2. Add the peppers and onions and sauté until the onions are soft and translucent, about 8-10 minutes.
3. Stir in the beans, seasoning, and seitan and cook until heated through.
4. Divide between two bowls.
5. Serve with rice as desired and if macros allow.

## NUTRITION

# Nutrition Facts

Pinto Bean Fajita Bowl

Amount Per Serving

Calories 435      Calories from Fat 87

% Daily Value*	
<b>Fat</b> 9.7g	<b>15%</b>
<b>Carbohydrates</b> 51g	<b>17%</b>
<b>Protein</b> 37.6g	<b>75%</b>

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?  
Let us know how it was!