

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 if desired and if macros allow.

NUTRITION

Nutrition Facts

Pinto Bean Fajita Bowl

Amount Per Serving

Calories	435	Calories from Fat	87
% Daily Value*			
Fat	9.7g		15%
Carbohydrates	51g		17%
Protein	37.6g		75%

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



Tried this recipe?

Let us know how it was!