

PERUVIAN QUINOA STEW

TOTAL TIME

35 minutes

SERVINGS

4

MENU

serve with Inside-Out
Ingo (see page 314) for
dessert.

According to
Moosewood
worker
ustino Cutipa, this is
the way quinoa is eaten
in his homeland.

½ cup quinoa

1 cup water

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2 cups chopped onions

2 garlic cloves, minced or pressed

2 tablespoons vegetable oil

1 celery stalk, chopped

1 carrot, cut on the diagonal into ¼-inch-thick slices

1 bell pepper, cut into 1-inch pieces

1 cup cubed zucchini

2 cups undrained chopped fresh or canned tomatoes

1 cup water or vegetable stock

2 teaspoons ground cumin

½ teaspoon chili powder

1 teaspoon ground coriander

pinch of cayenne (or more to taste)

2 teaspoons fresh oregano (1 teaspoon dried)

salt to taste

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chopped fresh cilantro (optional)

grated cheddar or Monterey Jack cheese (optional)

Using a fine sieve, rinse the quinoa well. Place it in a pot with the water and cook, covered, on medium-low heat for about 15 minutes, until soft. Set aside.

While the quinoa cooks, in a covered soup pot sauté the onions and garlic in the oil for about 5 minutes on medium heat. Add the celery and carrots, and continue to cook for 5 minutes, stirring often.

Add the bell pepper, zucchini, tomatoes, and water or stock. Stir in the cumin, chili powder, coriander, cayenne, and oregano, and simmer, covered, for 10 to 15 minutes, until the vegetables are tender. Stir the cooked quinoa into the stew and add salt to taste. Top with cilantro and grated cheese, if you wish. Serve immediately.

PER 8-OZ SERVING: 140 CALORIES, 2.8 G PROTEIN, 4.7 G FAT, 22.9 G CARBOHYDRATE, 52 MG SODIUM, 0 MG CHOLESTEROL.