

TASTE WITHOUT WASTE

Peruvian Quinoa Stew

Serves 4 – 6

Ingredients

½ cup quinoa, rinsed
1 cup water
1 tbsp sunflower oil
2 onions, finely chopped
2 cloves garlic, crushed
1 cup butternut squash or pumpkin, peeled & cut into 1 cm cubes
1 large carrot, cut into ½ cm thick slices on the angle
2 tsp ground cumin
1 tsp ground coriander
1 tsp paprika
1 tsp dried oregano
2 tbsp tomato paste
1 large red capsicum, cut into 2.5cm pieces
1 cup zucchini, cut into 1cm cubes
1 cup mushrooms, thinly sliced
1x 125g tin corn kernels, drained
400g tin chopped tomatoes
1 cup vegetable stock
200g tin baked beans
Tobasco to taste
Salt and pepper to taste

To Serve (Optional)

Grated mozzarella and cheddar cheese
Cubed avocado

Method

Place the quinoa in a small pot and cover with the water. Bring to the boil and simmer gently for 15 minutes or until tender and most (or all) of the water has been absorbed. Set aside.

Meanwhile, heat the oil in a large sauté pan/pot. Sweat the onions for 5 minutes or until translucent and tender. Add the garlic and cook, stirring, for a minute. Now toss in the butternut squash and carrot and cook for 5 minutes, stirring regularly. Add the ground cumin, coriander, paprika, dried oregano and tomato paste. Stir constantly for 30 seconds or the vegetables are well coated and fragrant.

Add the capsicum, zucchini, mushrooms, corn, chopped tomatoes and vegetable stock. Stir well and bring to the boil. Reduce the heat to a simmer, cover and leave to cook for approximately 15 minutes or until the vegetables are just tender, stirring every so often. Remove the lid, stir through the baked beans and quinoa and cook gently for a further 2 minutes. Season with tobasco, salt and pepper to taste.

Serve in bowls alongside some greens and topped with grated cheese and cubed avocado if you wish.

Will keep for up to 3 days in the refrigerator. Also freezes well.

*Source: Inspired by the Moosewood Restaurant Cooks at Home.
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