

Peruvian Quinoa Stew



Sirve:

8 - 10 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Quinoa is a fast cooking grain-like seed native to the Andes and has been a staple food for thousands of years. This delicious simple one pan meal is full of fiber and protein. Quinoa is gluten-free too.

1 small
onion, strung, use Cone #2
2 cloves garlic, shredded, use Cone #1
2 stalks celery, sliced, use Cone #4
3 carrots, trimmed, scrubbed and sliced, use Cone #4
1 small
zucchini, medium dice
2 teaspoons
ground cumin
(5
g)
2 teaspoons
oregano, dry
(2
g)
½ teaspoon
smoked paprika
(1
g)
2 cups
quinoa, rinsed and drained
(340
g)
8 cups
vegetable stock
(1.9
L)
1 cup
queso fresco, cut into cubes, or mild feta cheese (optional)
(118

- g)
2 scallions, white and green part, minced

Preparación :

1. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, add onions and garlic and sauté for 2 - 3 minutes until softened.
2. Add celery and carrots and sauté for 2 - 3 minutes, combining with onions and garlic.
3. Add zucchini, cumin, oregano, smoked paprika and quinoa. Toss to combine and cook for 2 minutes.
4. Slowly add vegetable stock and stir to incorporate.
5. Cover roaster. When Vapo-Valve™ begins to click, reduce heat to low and cook for 35 minutes.
6. Remove cover and add queso fresco, if using. Stir to combine and cook for an additional 3 - 5 minutes.
7. Taste quinoa stew and add extra salt if needed.
8. Serve quinoa stew in bowls garnished with chopped scallions.

Consejos:

- Substitute zucchini for other seasonal vegetables, such as potato, butternut squash or green beans.
- Store leftover quinoa stew in the refrigerator for up to one week; it reheats well.

Información nutricional por ración

Based on 8 servings

Calorías: 238

Grasa Total: 7g

Grasa 2g

Saturada:

Colesterol: 10mg

Sodio: 1078mg

Carbohidratos: 36g

Fibra 5g

Dietética:

Azúcar: 4g

Proteína: 10g