

Peruvian Quinoa & Vegetable Stew

A warm, comforting taste of the Andes, packed with plant-based goodness.

Prep Time: 15 min

Cook Time: 30 min

Servings: 4

Ingredients

- 1 cup quinoa, rinsed
- 1 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 2 carrots, diced
- 2 potatoes, cubed
- 1 zucchini, diced
- 1 tsp cumin powder
- 1 tsp smoked paprika
- 4 cups vegetable broth
- 1 cup diced tomatoes
- Salt & pepper to taste
- Fresh oregano & mint for garnish

Instructions

1. Heat olive oil in a large pot, sauté onion and garlic until fragrant.
2. Add carrots, potatoes, and zucchini. Stir in cumin and paprika.
3. Add quinoa, broth, and tomatoes. Simmer 20–25 minutes until quinoa is cooked.
4. Season to taste, garnish with oregano and mint. Serve hot.

Nutrition (per serving)

Calories: 280 | Protein: 9g | Carbs: 53g | Fiber: 8g | Fat: 5g | Magnesium: 25% DV

