




Spanish Quinoa

Tips

- Quinoa is pronounced “Keen-wah.”
-  is a good recipe to use for classroom taste-testing.



Spanish Quinoa

Recipe

Ingredients

Quinoa, soak for 15 minutes, then rinse and drain well	2 cups
Vegetable oil	1-2 Tbsp
Garlic cloves, peeled and minced	2 Cloves
Onion, chopped	1 Onion
Chili powder	1/2-1 tsp
Ground cumin	1/2 tsp
Oregano	1/2 tsp
Tomato sauce	1 8oz can
Vegetable broth	1 3/4 cup
Pepper and salt to taste	

Directions

1. Sauté the onion in oil over medium heat until onion starts to become translucent.
2. Add the garlic to the onion and sauté a few more minutes until the onion is translucent and garlic is turning golden.
3. Add chili powder, cumin, and oregano.
4. Add quinoa and stir constantly for 3 - 4 minutes.
5. Add tomato sauce and vegetable broth, stirring occasionally until mixture begins to boil.
6. Add salt if needed - veggie broth and tomato sauce may already be salted.
7. Cover and reduce heat, Simmer for 20 minutes.
8. Turn heat off and let sit for 5 - 10 minutes.
9. Fluff with a fork and serve.