



FAB RECIPE - WEEK OF 10 SEPTEMBER 2012

Quintessential Quinoa



YIELD: **8 servings**
PREPARATION TIME: **10 minutes**
COOKING TIME: **50-55 minutes**

Details

The pleasant, nutty taste of quinoa is paired here with crisp, fresh red pepper for an easy introduction to the mighty grain.

Ingredients

• 2 Tbsp / 30 ml extra virgin olive oil • 4 medium yellow onions, chopped • 3 cloves garlic, minced • ½ tsp / 2.5 ml sea salt • 1 large red pepper, chopped • 4 cups / 950 ml water • 2 organic, preservative-free vegetarian soup-stock cubes • 2 cups / 480 ml rinsed quinoa

Preparation

- 1.** Add finely chopped onion, minced garlic and salt to olive oil in wok and sauté until onions are slightly brown. Add chopped red pepper and continue to sauté until onions are caramelized.
- 2.** Add water, stock cubes and rinsed quinoa. Bring mixture to a simmer. Stir once after 5 minutes, then simmer for another 35 minutes or until water has been cooked in. Fluff quinoa mixture lightly with a fork.

Source: www.eatcleandiet.com