

Quinoa and Vegetable Stew

Ingredients:

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| 2 TBS canola oil | 4 TBS tomato sauce, from the can with the tomatoes |
| 2/3 cup quinoa | 1 1/2 cups Chinese cabbage, sliced |
| 1 carrot, diced | 8 basil leaves, torn |
| 1/2 onion, finely chopped | 2 bay leaves |
| 1 small head cauliflower, chopped | 2 cups baby spinach |
| 1/2 green bell pepper, seeded and chopped | 1/4 cup parsley, for garnish |
| 2 cloves garlic, crushed | Salt and pepper, to taste |
| 2 cups vegetable stock | Italian seasoning, to taste |
| 3 1/2 cups water | |
| 8 canned whole peeled tomatoes, chopped | |

Instructions:

Heat the oil in a large pot or Dutch oven on medium-high heat. Stir in the quinoa, carrot, onion, bell pepper, cauliflower, and garlic. Cook the mixture for a few minutes until lightly browned, stirring frequently.

Pour in the stock, water, tomatoes and sauce, cabbage, bay leaves, Italian seasoning, basil, and spinach. Increase the heat to high and bring to a boil. Reduce the heat to medium and simmer until the quinoa and vegetables are tender, about 10 minutes. Season the dish to taste with salt and pepper. Garnish with parsley before serving. Don't forget to remove the bay leaves!



Nutritional Information

Serves: 6

Calories: 252

Total Fat: 7.6g

Saturated Fat: 1g

Protein: 11.6

Cholesterol: 1mg

Carbohydrates: 39.5g

Dietary Fiber: 10.9g

Sodium: 402mg

Source: WebMD. Nutritional Guidelines based on the USDA's MyPlate Standards