



Puñuchi (*quinoa soup*)



Source: Promotion of Andean Development RURANDES

“El camino de la quinua” cookbook, published by the Manuela Ramos Movement (Peru)

Serves: **5**

Ingredients:

½ kg washed quinoa
5 bunches spring onion
3 carrots
10 garlic cloves
1 tbsp oil
Salt

Preparation:

- Wash the quinoa and cook in water together with the finely chopped vegetables.
- Separately, prepare the seasoning with the chopped onion and the split garlic cloves.
- Add with more water and boil on low heat, constantly stirring gently to avoid burning the bottom of the pot.
- Finally, add salt to taste and remove from the heat. To make “puñuchi” wrap the pot in a hide or blanket and let the cooking finish by itself. Puñuchi means “sleeping food” as the food cooks away from the heat.



Tip:

Carrots are rich in vitamin A, which plays a role in developing our eyesight, bone growth, reproduction, cell functions and the immune system.