



Quinoa stew



Fuente: Teresa Berta Cardozo, of the indigenous community of Ayllu Mama Kolla (Argentina)

Recipe gathered with help from Magda Choque Vilca

Ingredients:

1 ½ cups quinoa
2 onions
1 red pepper
100 g dried meat (charqui)
1 tomato
3 cups vegetable stock
Paprika
Parsley, chopped
Neutral oil
Salt
Pepper

Preparation:

- Wash and cook the quinoa in water.
- Finely dice the onions and red pepper. Peel and dice the tomato.
- In a hot pan pour the oil and, when hot, add the onion and red pepper.
- Add salt and gently fry.
- Add the tomato and the remaining condiments.
- Crush the dried meat and separate the strands. Add to the pan.
- Add the hot vegetable stock, let boil then add the previously cooked quinoa.
- Once the liquid has evaporated and the mixture thickens, remove from the heat.
- Serve with chopped parsley.



Tip:

Limit the sodium content of the dish by choosing vegetable stock with low sodium content. Limiting sodium in meals is especially important for people with high blood pressure.