



Lentils with quinoa



Source: Feria Libre Nueva Esperanza de Arica (Chile)

Serves: 4

Ingredients:

1 cup cooked quinoa
2 cups lentils
1 onion
2 carrots
Oil
Garlic, salt and pepper to taste

Preparation:

- Previously cook the quinoa in 2 cups of boiling water.
- Reduce the temperature and cook on low heat for about 15 minutes, or until the water has evaporated and the quinoa is tender.
- Pour oil into a pot, add the onion chopped into large cubes and season with salt, pepper and garlic to taste.
- Add the previously washed lentils and the carrots chopped into half circles. Cover with water (two fingers above the lentils) and cook on high heat until boiling.
- Lower the heat and continue to cook until the lentils are tender, about 30 minutes.
- Then add the cooked quinoa and mix well.



Tip:

Lentils mixed with quinoa or cereals, such as rice or noodles, are a good source of protein.