



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Spanish Quinoa

Adapted from *Savvyvegetarian.com*

Serves 4

1 1/2 cups quinoa, rinsed and drained
2 tablespoons extra virgin olive oil
2 garlic cloves, minced
1 medium onion, chopped
1 teaspoon paprika
1/2 teaspoon ground cumin
1/2 teaspoon oregano
3/4 cup peas
1/2 cup sliced green olives
pinch cayenne
1 15-oz can tomato sauce
2 cups vegetable broth
Salt and pepper to taste
Chopped fresh parsley

Sauté the onion over medium heat until tender, about 3 minutes. Add spices, garlic, and quinoa and stir constantly for 3 minutes. Add tomato sauce and vegetable broth stirring occasionally until mixture begins to boil. Cover, reduce heat, and simmer for 20 minutes. Stir in peas and olives. Turn heat off and let sit for 5 - 10 minutes. Fluff with a fork, add salt and pepper to taste and serve garnished with parsley.