

CURRIED QUINOA

1 cup quinoa rinsed and drained
1 can coconut milk
1 small can diced tomatoes
3 tbs curry or more to taste
2 tbs tomatoe paste
1 large onion diced
2-3 cloves of garlic minced
1 carrot diced
1 can chick peas (2 cups)

In a big pot mix the quinoa, coconut milk, diced tomatoes, curry and tomatoe paste. Bring to a boil. Lower heat, cover and simmer until quinoa is cooked which is about 15 minutes.

While the quinoa is cooking sauté the garlic, onion and carrot for 3-4 minutes. Add chickpeas and cook for a couple of more minutes until they are heated through.

At this point if I have kale or spinach on hand I will chop up a cup or 2 and add it into this mixture until it's wilted.

When quinoa is cooked at the chickpea mixture and serve!

By Kelly Berry
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