



Quinoa and Vegetable Stew

From *America's Test Kitchen* Season 17: Two Modern Stews

WHY THIS RECIPE WORKS:

Quinoa stews are common in many South American regions. But authentic recipes call for obscure ingredients such as annatto powder or Peruvian varieties of potatoes and corn. We set out to make a traditional quinoa stew with an easy-to-navigate ingredient list. We found that paprika has a similar flavor profile to annatto powder; we rounded out the flavor with cumin and coriander. Red bell pepper, tomatoes, red potatoes, sweet corn, and frozen peas were a nice mix of vegetables. We added the quinoa after the potatoes had softened and cooked it until it released starch to help give body to the stew. Finally, we added the traditional garnishes: queso fresco, avocado, and cilantro.

Serves 6 to 8

We like the convenience of prewashed quinoa. If you buy unwashed quinoa (or if you are unsure whether it's washed), be sure to rinse it before cooking to remove its bitter protective coating. This stew tends to thicken as it sits; add additional warm vegetable broth as needed before serving to loosen the texture. Do not omit the garnishes; they are important to the flavor of the stew.

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 red bell pepper, stemmed, seeded, and cut into 1/2-inch pieces
- 5 garlic cloves, minced
- 1 tablespoon paprika
- 2 teaspoons ground coriander
- 1 1/2 teaspoons ground cumin
- 6 cups vegetable broth
- 1 pound red potatoes, unpeeled, cut into 1/2-inch pieces
- 1 cup prewashed white quinoa
- 1 cup fresh or frozen corn
- 2 tomatoes, cored and chopped coarse
- 1 cup frozen peas
- Salt and pepper
- 8 ounces queso fresco or feta cheese, crumbled (2 cups)
- 1 avocado, halved, pitted, and diced
- 1/2 cup minced fresh cilantro

INSTRUCTIONS

1. Heat oil in Dutch oven over medium heat until shimmering. Add onion and bell pepper and cook until softened, 5 to 7 minutes. Stir in garlic, paprika, coriander, and cumin and cook until fragrant, about 30 seconds. Stir in broth and potatoes and bring to boil over high heat. Reduce heat to medium-low and simmer gently for 10 minutes.
 2. Stir in quinoa and simmer for 8 minutes. Stir in corn and simmer until potatoes and quinoa are just tender, 5 to 7 minutes. Stir in tomatoes and peas and let heat through, about 2 minutes.
 3. Off heat, season with salt and pepper to taste. Sprinkle individual portions with queso fresco, avocado, and cilantro before serving.
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