Peruvian Quinoa Stew  
Serves: 4  
1/2 cup quinoa  
1 cup water  
2 cups onions chopped  
2 cloves garlic minced  
2 tablespoons vegetable oil  
1 stalk celery chopped  
1 carrot chopped  
1 green bell pepper cut in 1" pieces  
1 cup zucchini cubed  
2 cups chopped tomatoes canned or fresh  
1 cup vegetable stock  
2 teaspoons cumin  
1/2 teaspoon chili powder  
1 teaspoon coriander  
pinch cayenne pepper  
1 teaspoon dried oregano  
sea salt and pepper  
fresh cilantro and grated cheddar to garnish  
  
Rinse quinoa, cook it covered on med heat about 15 min, until soft. Set aside.  
In a soup pot, saute the onions and garlic in the oil for about 5 min on med heat. Add celery and carrots and continue to cook for another 5 min, stirring often. Add the bell pepper, zucchini,  
tomatoes, and water or stock. Stir in all spices and simmer, covered, for 10-15 min, until the veggies are tender. Stir in the quinoa and add s/p to taste.

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