

Mexican Quinoa Stew

Cooking Instructions

1. In a medium soup pot, warm the olive oil over medium heat. Add the onion, celery, carrots, garlic, and jalapeños. Sauté until the vegetables are tender, about 8 minutes.
2. Add the water/stock, tomatoes, beans, cumin, salt, quinoa, cilantro, and cayenne pepper (optional). Season with pepper and bring the soup to a boil.
3. Once boiling, lower the heat, cover the pot, and let the soup simmer until the quinoa is tender, about 15 minutes. Once the quinoa is tender, taste and add more salt and pepper if necessary. You can serve this soup right away or use an immersion blender to purée a couple cups of this soup—this helps to thicken the soup while still leaving some texture.
4. Divide into bowls and serve with any garnishes that you'd like. Store leftovers, covered, in the refrigerator for up to 4 days, or in the freezer for up to 3 months.

Ingredients

- 1 teaspoon olive oil
- 1 medium yellow onion, chopped
- 2 celery stalks, chopped
- 3 carrots, chopped
- 4 cloves of garlic, pressed or minced
- 2 jalapeños, seeded and chopped
- 3 ½ cups water (or chicken or vegetable stock)
- 1 large can (28 ounces) diced tomatoes
- 1 ½ cups cooked black beans or 1 can (15 ounces) black beans, rinsed and drained
- 1 ½ teaspoons ground cumin
- 2 teaspoons fine sea salt
- ½ cup quinoa (dry/uncooked)
- ¼ cup chopped fresh cilantro
- ⅛ teaspoon cayenne pepper (for extra heat, optional)
- Freshly ground black pepper
- Optional garnishes: chopped cilantro, small lime wedges, diced avocado, crumbled tortilla chips, grated cheese, sour cream, etc.