

African Style Quinoa Stew – serves 6

Protein rich quinoa and peanuts team up to create a comforting, cold weather, vegetarian stew. Collards are higher in protein than many vegetables and are a very good source of absorbable calcium.

2 Tablespoons olive oil
1 medium onion, diced small
2 medium stalks celery, diced small
2 medium carrots, diced small
4 cloves garlic, minced
1 Tablespoon ginger, minced
1 medium jalapeno, minced
1 teaspoon ground cumin
 $\frac{3}{4}$ teaspoon dried oregano
pinch cayenne pepper
1, 15oz. can tomato puree
6 cups vegetable stock
 $\frac{1}{2}$ cup quinoa, well rinsed and drained
 $\frac{3}{4}$ teaspoon sea salt
1 bunch collard greens, chopped into small pieces
 $\frac{3}{4}$ cup peanut butter
2 Tablespoons tomato paste
lemon juice, if needed, to taste

Heat a large soup pot over medium heat. Add the oil. When oil is shimmering, add the onion, celery, carrots, and a pinch of salt. Sauté until onions are translucent and vegetables are softened, about 6 minutes. Stir in garlic, ginger, jalapeno, cumin, oregano, and cayenne. Sauté until fragrant, about 30 seconds, then add tomato puree, stock, quinoa, and salt.

Bring to a boil, reduce heat, and simmer covered until quinoa is cooked and vegetables are tender, about 15 minutes. Add collards, peanut butter, and tomato paste. Stir until well combined and continue to simmer until collards are tender, about 5 minutes more.

Adapted from Bauman College Cookbook