

Tomato & Quinoa Stew

Makes: 4 servings

Ingredients

2 Tablespoons of Olive Oil
2 Teaspoons of Dried Oregano
2 Cloves of Garlic
1 White Onion
3 Tablespoons of Balsamic Vinegar
2 Red Peppers
1 Aubergine
2 x 400g Tinned Tomatoes
2 Cups of Stock (500ml)
1/2 Cup (85g) of Quinoa, Uncooked
1 Tin of Chickpeas



Instructions

Add the olive oil to a large pot on medium heat. Sprinkle in the dried oregano and swirl it in the oil.

Dice the onion and mince the garlic and then add them to the pot, stirring well to toss them in the oregano. Cook for a few minutes, stirring regularly, until the onions are soft.

While the onions are cooking, chop the aubergine into cubes and the peppers into small pieces.

Add the balsamic vinegar to the onions. Then add in the peppers and aubergines and toss everything well so that all the vegetables are coated in the balsamic and onion. Let it all cook for a few minutes, stirring often, until the veg starts to soften slightly. Then pour in the stock and tomatoes and stir. Bring it to a simmer and let it bubble gently for about 20 minutes.

After 20 minutes, stir in the uncooked quinoa and the drained chickpeas. Continue to let it simmer for another 20 minutes, then serve.

Nutrition information:

Each Serving, approx:

Kcal	200
Sat Fat	2g
Net Carbs	15g
Protein	8g

*Recipe from thelittlegreenspoon.com or *The Little Green Spoon* by Indy Power in book shops*