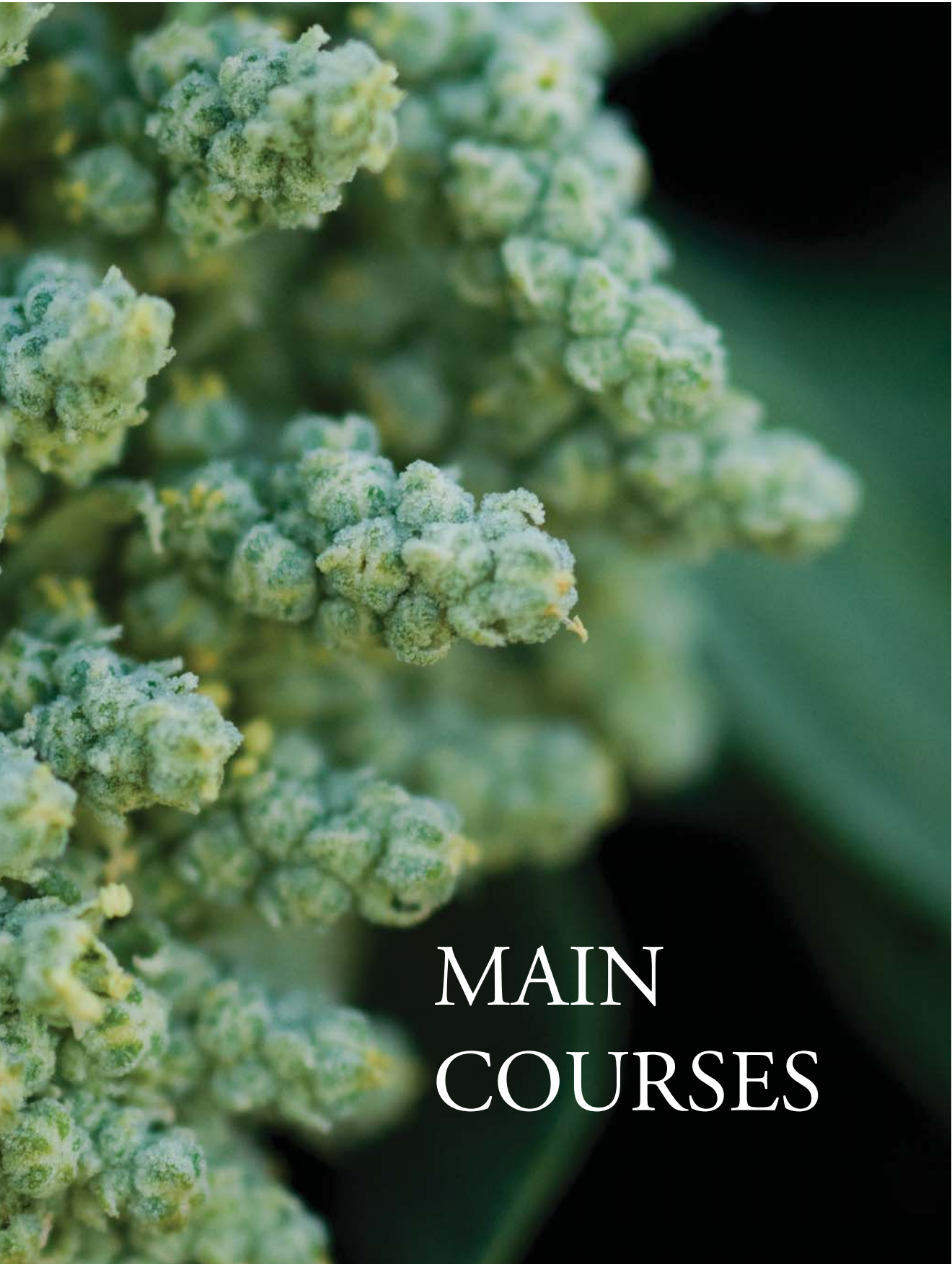

MAIN COURSES

Quinoa chilli

Source: Foundation for Development FAUTAPO (Bolivia)

Ingredients:

⅓ cup quinoa
½ kg meat
1 carrot
2 onions
1 tomato
5 potatoes, chopped and cooked
1 garlic clove
2 tbsp red chilli
Salt
Pepper
Oil

Preparation:

- Wash and cook the quinoa.
- In a pan heat the garlic, chopped vegetables to taste and minced meat.
- Add the red chilli, season with salt and pepper to taste and leave to cook.
- Once everything is cooked mix in the quinoa and potatoes.
- Bring to the boil so that all the ingredients combine.
- Serve.

Tip:

Meat is a good source of protein and iron. Cutting off the fat before cooking can help reduce its fat and calorie content.