

Quinoa Curry Bowl – Vegan – SOS

Cook Time: 15 minutes
Total Time: 15 minutes

Serving Size: 4
Calories per serving: 189
Fat per serving: 4 grams

www.StraightUpFood.com, by Cathy Fisher

Ingredients

- 1 1/2 cups water
- 3/4 cup quinoa (dry)
- 1 teaspoon granulated onion
- 1/2 teaspoon curry powder
- 1 bag (16-ounce) of frozen "stir fry" blend vegetables
- 1 tablespoon minced garlic (4 to 5 medium cloves)
- 1 teaspoon minced fresh ginger
- 1 teaspoon curry powder
- 2 tablespoons tahini (ground sesame paste)
- 1/2 avocado (optional)
- Sesame seeds to garnish (optional)

Instructions

1. Stir the water, quinoa, granulated onion, and 1/2 teaspoon curry powder together in a medium saucepan, and bring to a boil. Reduce heat to a low simmer and cook covered with a tight-fitting lid for 15 minutes.
2. While the quinoa is cooking, place the frozen vegetables into a skillet or soup pot on medium-low heat covered so the vegetables can thaw and soften. Stir occasionally, adding a little water if needed. While the vegetables are warming, mince the garlic and ginger.
3. When the vegetables have thawed and softened (5 to 10 minutes), increase the heat to medium-high and stir in the garlic, ginger, and 1 teaspoon curry powder; I cook stirring for 1 to 2 minutes. Remove the pan from the heat and add the tahini, adding a little water as needed to mix thoroughly. Stir the quinoa into the vegetables. Serve as is or with diced avocado and/or sesame seeds on top.

Notes

Nutrition facts (per serving): Calories: 189, from fat: 36, total fat: 4g, cholesterol: 0mg, sodium: 111mg, total carbohydrate: 30g, fiber: 6g, sugar: 3g, protein: 7g.