

Curry Quinoa



Makes about 9 servings

Ingredients

5 cups water
2 cups quinoa
1-1/2 cups diced carrots
1-1/2 cups diced celery
1 diced onion
4 tsp curry powder
2 tsp each cumin, garham masala, tumeric, ginger
1/2 tsp cinnamon
1 28 oz can diced tomatoes (or fresh diced is always better)
1 15 oz can chickpeas



Directions

Place Water in pot and add spices, onion, carrots, celery and quinoa.

Mix together and bring to a boil. Then reduce heat to low and simmer for 15 minutes.

After 15 minutes add the diced tomato and chickpeas and simmer for an additional 5 minutes.

Adapted from Curry Quinoa recipe in Eden Alley Cookbook "Stir-Well to Heaven."

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