

## Hearty Quinoa



### Makes:

8 servings

### Utensil:

Saladmaster Food Processor  
10" Electric Oil Core Skillet

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### Recipe:

### Contributed By:

Saladmaster® Oil Core Skillet Healthy Cooking Guide

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1/2 large onion, strung, use Cone #2  
2 cloves garlic, shredded, used Cone #1  
1/4 cup  
vegetable broth  
(60  
mL)  
6 ounces  
soy meat substitute, crumbled  
(170  
g)  
1/2 red pepper, seeded and diced  
1/2 teaspoon  
ground cumin  
(2.5  
mL)  
1/4 teaspoon  
cayenne pepper  
(1.25  
mL)  
1/4 teaspoon  
ground black pepper  
(1.25  
mL)  
sea salt to taste  
1 cup  
quinoa  
(185  
g)  
2 cups  
water  
(475  
mL)  
fresh parsley, minced  
fresh cilantro, minced  
1 cup  
frozen corn, thawed  
(164

g)

**Directions:**

1. Preheat electric skillet to 300°F/150°C.
2. Sauté onion and garlic in vegetable broth 2 - 3 minutes.
3. Add soy meat substitute, red pepper, spices, quinoa and water. Cover and cook.
4. When Vapo-Valve™ clicks, reduce temperature to 185°F/85°C.
5. Add fresh herbs and thawed corn. Cook 10-15 minutes, until quinoa has absorbed the water and white germ ring is visible.

Nutritional Information per

▼ Serving

**Calories:** 130  
**Total Fat:** 2g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 378mg  
**Total** 22g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 2g  
**Protein:** 8g