

Vegetable Quinoa Stew



Prep:

10 minutes

Total:

1 hour

Makes:

10 -12 servings

Utensil:

6 Qt. Tureen Plus (Limited Edition) Complete Gourmet Collection
Saladmaster Food Processor

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Recipe:

Contributed By:

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Recipe Description:

Warming up with a bowl of stew on a cold day sounds perfect, doesn't it? This delicious vegetable and quinoa stew is packed with a variety of healthy vegetables that will help you fight off germs and help boost your immune system.

1 medium
yellow onion, strung, use Cone #2
3 medium
carrots, diced, use Cone #3
3 stalks
celery, diced, use Cone #3
2 large
sweet potatoes, diced, use Cone #3
1 butternut squash, diced, use Cone #3
1 can
chickpeas, rinsed and drained
 $\frac{3}{4}$ cup
quinoa
28 oz
diced tomatoes,
3 bay leaves
3 cloves
garlic, shredded, use Cone #1
1 tbsp
rosemary, fresh
2 tsp
thyme, fresh
32 oz

vegetable broth, low sodium

2 cups

chopped kale, ribs and stems removed (optional)

salt & pepper to taste

Directions:

1. Process and combine onion, carrots, celery, sweet potatoes, butternut squash, chickpeas and quinoa into the 6 Qt. Tureen Plus.
 2. Continue adding the remaining ingredients with the vegetable broth last.
 3. Place 6 Qt. Tureen Plus on the stove and turn temperature to medium. When Vapo-Valve™ begins to click steadily, turn heat to low and cook for 30 minutes.
 4. Remove from heat and add kale (optional). Stir and let sit covered for 10 minutes.
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