

Pantry Curried Quinoa with Garbanzo Beans and Roasted Peppers

Jacob · 30/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

45 mins

Description

This salad is easy to put together if you have a wellstocked pantry Eat as a side dish with dinner and the leftovers make a great lunch

Ingredients

- - ½ cup raisins - 1 cup warm water - 1 tablespoon olive oil - 1 small red onion
- diced - 1 clove garlic
- minced - 1 ½ teaspoons curry powder - ½ teaspoon ground cumin - ½ teaspoon dried cilantro - ¼ teaspoon ground ginger - 2 cups vegetable broth - 1 (15 ounce) can garbanzo beans
- drained - 1 cup quinoa - ½ cup diced roasted red peppers - ¼ cup toasted almonds - salt to taste

Instructions

1. Soak raisins in 1 cup warm water in a bowl while you complete remaining steps. Heat olive oil in large saucepan over medium heat. Cook and stir onion and garlic until onion has softened and turned translucent
2. about 5 minutes. Stir in curry powder
3. cumin
4. cilantro
5. and ginger and cook until fragrant
6. about 30 seconds. Stir in vegetable broth
7. garbanzo beans
8. and quinoa. Bring to a boil
9. then reduce heat to medium-low heat
10. cover
11. and simmer until quinoa is tender
12. about 20 minutes. Drain raisins. Lightly toss quinoa mixture with raisins
13. roasted red peppers
14. and toasted almonds. Season with salt.