



# Quinoa soup with pork



**Source:** Comunidad Laguna San Martín (Ecuador)

**Serves:** 5

## Ingredients:

½ cup quinoa (100 g)  
250 g pork  
3 medium potatoes (300 g)  
1 small onion (40 g)  
2 tbsp peanut, toasted and ground (30 g)  
2 garlic cloves (5 g)  
1 tsp coloured lard (5 g)  
2 tsp coriander (5 g)  
1 cup milk (125 g)  
9 cups water (2000 g)  
Salt

## Preparation:

- Boil the quinoa without salt in already boiling water for 30 minutes.
- Cook the pork cut into small pieces together with the salt and the finely chopped onion and garlic.
- Add the coloured lard and cook for 30 minutes.
- Add the quinoa.
- Add the peeled and sliced potatoes and boil for 15 minutes.
- When the mixture is cooked, add the peanut previously dissolved in the milk, and then the coriander.



## Tip:

The meat can be replaced by cheese which is added at the end of the preparation.