



Quinoa soup with diced beef



Source: Guadalupe Community (Ecuador)

Ingredients:

½ cup quinoa (100 g)
250 g beef
1 medium carrot (100 g)
½ cup fresh peas (75 g)
2 medium potatoes (200 g)
1 medium onion
1 garlic clove
2 tsp coriander (cilantro)
2 tbsp oil or coloured lard (30 g)
Salt

Preparation:

- Boil the quinoa for 30 minutes.
- Cook the diced beef and the finely chopped onion and garlic with the oil or coloured lard. Leave to cook for 15 minutes.
- Add the diced carrot and the peas. Cook for 15 more minutes.
- Add the potatoes chopped into medium-size pieces and cook until ready.
- Add the chopped coriander.
- Serve hot.



Tip:

Meat is a good source of protein and iron. Cutting off the fat before cooking can help reduce its fat and calorie content.