

Quinoa Curry Bowl

By Cathy Fisher-February 23, 2015

This quick and easy dish uses “stir-fry” frozen vegetables, along with fresh ginger and garlic. Frozen veggies have come a long way, and they can be a healthy and delicious meal addition. Look for 100% vegetables without any added salt or oil.



Makes 5 Cups

Ready In: 15 minutes

INGREDIENTS

- $\frac{3}{4}$ cup quinoa (dry)
- 1 teaspoon granulated onion
- $1\frac{1}{2}$ teaspoon curry powder
- 1 bag (16 ounces) frozen “stir-fry blend” vegetables
- 1 tablespoon minced garlic (4 to 5 medium cloves)
- 1 teaspoon minced fresh ginger
- 2 tablespoons tahini (ground sesame paste)
- $\frac{1}{2}$ avocado (optional)
- Sesame seeds for garnish (optional)

INSTRUCTIONS

- Stir the quinoa, onion, and $\frac{1}{2}$ tsp curry powder together with $1\frac{1}{2}$ cups of water in a medium saucepan, and bring to a boil. Reduce heat to medium-low and simmer, covered with a tight-fitting lid, for 15 minutes.
- While the quinoa is cooking, place the frozen vegetables into a skillet or soup pot on medium-low heat, and cover so the vegetables can thaw and soften. Stir occasionally, adding a little water if needed. While the vegetables are warming, mince the garlic and ginger.
- When the vegetables have thawed and softened (5 to 10 minutes), increase the heat to medium-high and stir in the garlic, ginger, and 1 tsp curry powder, cooking 1 to 2 more minutes. Remove the pan from the heat and stir in the tahini, adding a little water as needed to mix thoroughly.
- Stir the quinoa into the vegetables. Serve as is or topped with diced avocado and/or sesame seeds, if desired.

Notes:

- Along with the frozen veggies, feel free to toss in any favorite fresh vegetables you have on hand, such as zucchini, cabbage, greens (kale, chard, spinach), or green onions.
- Quinoa: Quinoa is sold as a dry grain, and comes in white/yellow, red, and black. Use any color you like or a mix. (Two-and-a half cups of cooked rice may also be used in place of the cooked quinoa.)

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