

Corn & Quinoa Chowder



Recipe by: moongardens.org

Ingredients

1 large potato with skin, chopped
1 large yellow onion, chopped
3 cups corn kernels
4 cups vegetable stock
1 14oz. Can coconut milk
3 garlic cloves, chopped
1/2 cup red bell pepper, diced
1/2 cup quinoa, uncooked
1 tbsp. olive oil
2 bay leaves

1/4 tsp. cayenne pepper
1/4 tsp. salt
Pepper to taste
Parsley sprigs to garnish

Optional Variations

1 chopped chili pepper
Crushed red pepper to taste
6 shallots chopped, instead of 1 large yellow onion

Directions

In a large pot on low heat, sauté onion, garlic, red bell pepper, corn, quinoa and potato for approximately 7 minutes. Next add vegetable stock and the bay leaves, and simmer for 30 minutes. Add coconut milk and seasonings, and increase heat for a few minutes. Remove from heat, garnish with parsley and serve.

**Quinoa is a super grain, and a good source of fiber and protein native to South America.

For any comments or suggested ingredients for upcoming recipes, please email us at moongardens.org@gmail.com