

QUINOA STEW

INGREDIENTS

1/2 cup quinoa
1 cup water
1 onion, diced
2 garlic cloves, minced
2 tablespoons oil
1 celery rib, chopped
1 carrot, sliced 1/4-inch thick
1 bell pepper, cut into 1-inch pieces
1/2 zucchini, cubed
1 28oz can chopped tomatoes
2 teaspoons ground cumin
1/2 teaspoon chili powder
1 teaspoon ground coriander
1 pinch cayenne (or to your taste)
1 teaspoon dried oregano
1 cup vegetable stock
fresh cilantro, finely chopped (optional)



DIRECTIONS

Rinse quinoa well in cold water. Place the quinoa and water in a pot, cover and cook over medium heat for 15 minutes or until soft. Set aside.

In another pan, saute onion and garlic in oil over medium heat for 3 minutes.

Add celery and carrots and continue to saute for 5 minutes, stirring often.

Add bell pepper and zucchini and saute for 2 minutes.

Add tomatoes and spices, cook for 2 minutes to blend.

Stir in the vegetable stock, cover and simmer 10-15 minutes (until vegetables are tender).

Stir in the cooked quinoa and adjust the salt to taste. Just before serving, stir in the cilantro if you choose, or sprinkle on top.

ALFAJORES

INGREDIENTS

- 1 cup self-rising flour
- 1 cup cornstarch
- 1 cup unsalted butter
- $\frac{3}{4}$ cup sugar
- 2 egg yolks
- 6 ounces dulce de leche
- 6 tablespoons powdered sugar (optional)

DIRECTIONS

Preheat oven to 350 F.

Combine the butter and sugar until smooth. Add egg yolks and beat until smooth.

Sift together the flour and cornstarch in a separate bowl, then add to the butter mixture.

Knead until the dough has a uniform texture, then shape into a ball and let rest for 10 minutes in the fridge.

Sprinkle a little flour on the clean counter-top surface. Roll the dough out until $\frac{1}{2}$ inch thick. Use a cookie cutter or a glass to cut circles of dough, about 3 inches wide.

Place the cookies on a baking sheet a few inches apart. With a fork, make a few holes in the center of each cookie to avoid the dough to break or rise too much when baking.

Bake in a pre-heated oven at 350 F for 20 minutes.

Remove from the oven very carefully as the cookies break easily. Let the cookies cool for 30 minutes or until completely cool. Finish your alfajores by spreading dulce de leche on half, then placing another cookie on top.

(Optional) Use a strainer to sprinkle the powdered sugar over the alfajores.

