

A close-up photograph of a green, textured plant, likely a seedling or young plant, showing small, rounded, and slightly fuzzy structures. The background is dark and out of focus.

MAIN  
COURSES



# Quinoa chilli



**Source:** Foundation for Development FAUTAPO (Bolivia)

## Ingredients:

⅓ cup quinoa  
½ kg meat  
1 carrot  
2 onions  
1 tomato  
5 potatoes, chopped and cooked  
1 garlic clove  
2 tbsp red chilli  
Salt  
Pepper  
Oil

## Preparation:

- Wash and cook the quinoa.
- In a pan heat the garlic, chopped vegetables to taste and minced meat.
- Add the red chilli, season with salt and pepper to taste and leave to cook.
- Once everything is cooked mix in the quinoa and potatoes.
- Bring to the boil so that all the ingredients combine.
- Serve.



### Tip:

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