



# HEARTY CURRIED QUINOA VEGETABLE STEW WITH KALE AND BLACK BEANS

FAST. EASY. FRESH.

**1.** Start by prepping your veggies. Peel and dice the **red onion**, de-seed and dice the **red pepper**, peel and dice the **carrots**, and trim the **celery** stalks and then finely dice. Peel and mince the **garlic** and roughly chop the **tomatoes**.

**2.** Heat the **olive oil** in a medium-sized pot over medium-high heat. Add the onion, pepper, carrot, and celery and let cook for about 5 minutes, or until they begin to soften. Add the garlic, **ginger**, **curry powder**, and tomatoes and cook for another minute.

**3.** Add the **bay leaf** and the **vegetable broth** and bring to a boil. Add the **quinoa** and simmer uncovered for 12 minutes. Meanwhile, drain and rinse the **black beans** and roughly tear the **kale** into bite-sized pieces.

**4.** Add the black beans to the pot and let warm through for 2-3 minutes. Remove the pot from the heat and stir in the **almond butter** and kale. Let the stew sit for a few minutes to let the kale wilt, and then taste and season with **salt** and **pepper** as desired.

**5.** To serve, spoon into bowls and enjoy!



## Ingredients (4 Person Serving – 715 Calories Per Serving)

Olive Oil	2 Tbsp.	Tomatoes	2 Medium
Red Onion	1 Medium	Bay Leaf	1
Red Bell Pepper	2 Small	Vegetable Broth	900 ml
Carrots	2	Quinoa	1 Cup
Celery	2 Stalks	Black Beans	1 x 540 ml Can
Garlic	3 Cloves	Almond Butter	¼ Cup
Minced Ginger	3 Tbsp.	Kale	4 Stalks
Curry Powder	2 Tbsp.	Salt and Pepper	To Taste

**35** Minute  
Cook  
Time!