

## Simple, Savory & Slightly Smoky Barbacoa Stew

Hearty and delicious – this recipe is garden fresh yet has a rich depth bound by protein quinoa and complex smoky Barbacoa. Can be whipped up in way under an hour, but tastes as if it’s been simmering all day long. The rotating texture of vegetables from cooked to blanched to raw, hits the spot all year long!



**TOTAL COOK TIME:** 35 – 40 Minutes

**INGREDIENTS:**

- 1 TBSP EVOO
- 1 White Onion
- 1 Red Bell Pepper
- 2 TBSP Paprika
- 1 TBSP Cumin
- 8 CUPS Veggie Stock
- 1 CUP Quinoa
- 1 LB Small White Potatoes
- 1 LB Carrots (Sliced)
- 2 Zucchini (Diced)
- 2 CUPS Frozen Peas
- 2 TBSP **Maya Mike Belizean Barbacoa (Smoked “Red” Label)**
- 1 Tomato (Chopped)
- 1 Avocado (Diced)
- ½ Cup Minced Cilantro

**Tip of the Recipe!** Use body exfoliation hand gloves to lightly scrub skin from root vegetables such as potatoes and carrots vs cutting away all the healthy and interesting skin texture with a peeler or grater.

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### STEP 1

**Dice** Onion and Red Pepper

**Place** in Large Dutch Oven or Sauce Pan with EVOO over medium heat

**Sauté** until tender (about 5 minutes)

**Stir** in Paprika, Cumin & 2 TBSP **Maya Mike Belizean Barbacoa (Smoked “Red” Label)**

**Add** Quinoa, Potatoes and Stock over high heat

**Bring** to a boil reduce to simmer for 5 minutes

**Add** Carrots and Zucchini and cook another 3 minutes

**Toss** in frozen Peas and turn off heat

**Rest** for 5 minutes

**Top** with diced Tomato, Avocado & Cilantro

Enjoy!

