

QUINOA, EGGPLANT AND TOMATO STEW.



Category: Soups and Stocks

Created: on 2021-04-27

Qualified by: Supercook CL

Suggested by: Kitchen Center

Total preparation time: 15:10 Minutes

Suitable for machine:

- Supercook SC250
- Supercook SC300
- Supercook SC350
- Supercook SC380
- Supercook SC400

INGREDIENTS FOR 0 SERVES

100 gram	quinoa
1/2	onion cut in 2
1/2	bell pepper cut in 2
500 gram	eggplant cut into cubes of 2 x 2 approx.
1	tomato cut into 8 pieces
40 milliliter	oil
1 tablespoon 15ml	oregano
1 teaspoon	paprika powder
1 pinch	cumin powder
200 gram	tomato sauce
100 milliliter	water
	salt to taste

STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).