

# JOLLOF QUINOA

Makes 4 servings



## INGREDIENTS

4 pouches Seeds of Change Quinoa & Brown Rice With Garlic  
2 medium tomatoes  
1 small onion, peeled with ends removed  
3 small bell peppers, roughly chopped  
3 tablespoons olive oil  
1 tablespoon chili powder  
1 tablespoon onion powder  
1 teaspoon garlic powder  
Salt and pepper, to taste  
*Optional: 1 teaspoon ground ginger*  
*Optional: 1 teaspoon cayenne pepper*  
*Optional: 1 tablespoon dried thyme*

## NOTES

There are infinite spice combinations to making Jollof. Add spices and herbs that you like and make this recipe your own!

## DIRECTIONS

1. Rough chop tomatoes and onions and place them in a large saucepan over medium heat with olive oil. Note: Alternatively, you can place tomatoes, onion, and oil in a blender and pulse until smooth, and then add to saucepan over medium heat.
2. Chop bell peppers into 1/2 inch pieces, add to the saucepan, and simmer until tender.
3. Add spices and stir until flavors mix. Add salt and pepper to taste.
4. Prepare Quinoa & Brown Rice in the microwave or just add to the saucepan and stir to coat.
5. Simmer over low heat until quinoa and rice is thoroughly heated and flavored throughout. Add salt and pepper to taste. Quinoa and rice should be tender but not mushy.
6. Drizzle with olive oil and serve!



# JOLLOF QUINOA

## FUN FACTS

Jollof is a traditional dish of rice, tomatoes, peppers, onion, and a medley of spices. Garlic, thyme, nutmeg, curry, ginger, and scotch bonnet peppers are typical ingredients. Sometimes, meat, poultry, or fish are added to the dish.

Jollof is generally eaten as a main dish in many West African countries.

Quinoa is a flowering plant in the amaranth family. It is grown primarily for its edible seeds. It is gluten free, and is often used as a substitute for glutenous grains.

Quinoa originated in the Andes mountains in South America.

Almost all quinoa production in the Andean region is done by small farms and farming collectives.

Compared to other grains, quinoa is nutritionally dense. It is known for its high protein content and is considered a complete protein.

Between 2006 and 2013, the price of quinoa tripled because of interest from North American and European markets.

Botanically, tomatoes are a fruit - they grow from a flowering plant and contain seeds. The United States Supreme Court, however, ruled that tomatoes - classified by its culinary use - are vegetables.

There are more than 7,500 varieties of tomato grown around the world. While many varieties are red, tomatoes can be green, orange, pink, black, brown, white, purple, and, Mrs. Ritz' favorite: yellow.

Tomatoes are rich in lycopene, an antioxidant that is good for the heart and helps prevent cancer. Cooked tomatoes are better for you than raw tomatoes, as higher amounts of beneficial compounds and vitamins are released, including vitamins A and C, calcium, and potassium.

Peppers are native to Central and South America. Pepper seeds were brought to Spain in the 15th century and spread throughout Europe and Asia.

Bell peppers can be found in a rainbow of colors and vary in flavor. The variety of the pepper and the stage of ripeness determine the flavor and color of each pepper.