



## Plant-Based: Vegetable Adobo Stew

with Beans over Quinoa



20-30min



2 Servings

A nourishing and warming stew that is delicious, hearty and plant-based? This veggie adobo is all that and then some, thanks to superfood veggies like spinach and fennel and our favorite protein-packed quinoa. A chipotle in adobo sauce and a dash of cinnamon add a little heat and sweetness to the delicate broth, while a drizzle of olive oil offers a fragrant finish.

## What we send

- 3 oz white quinoa
- garlic
- 7 oz fennel
- 2 oz celery
- 1 can whole peeled tomatoes
- 1 oz chipotle chiles in adobo sauce <sup>17</sup>
- ¼ oz ground cinnamon
- 1 can beans
- ¼ oz fresh cilantro
- 3 oz baby spinach

## What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) <sup>17</sup>

## Tools

- small saucepan
- medium Dutch oven or pot

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

### Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 520kcal, Fat 17g, Carbs 69g, Proteins 21g



### 1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil over high heat, then reduce heat to low, cover and cook until quinoa is tender and liquid is absorbed, about 15 minutes. Keep covered until ready to serve.



### 2. Prep ingredients

Finely chop **2 teaspoons garlic**. Halve **fennel bulb**, remove core, then thinly slice. Reserve ¼ cup fennel in a small bowl for step 5. Thinly slice **celery**. Use kitchen shears to coarsely chop **tomatoes** in the can.



### 3. Sauté aromatics

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **celery** and **remaining fennel**; season with **salt** and **pepper**. Cook, stirring often, until veggies are softened, about 5 minutes. Add **garlic**, **1-2 teaspoons chipotle** (depending on your heat preferences), and **½ teaspoon cinnamon**.



### 4. Add beans & tomatoes

Stir **beans and their liquid**, **tomatoes**, and **½ cup water** into pot with **veggies**. Bring to a simmer and cook, partially covered, until slightly reduced, about 15 minutes. Season to taste with **salt** and **pepper**.



### 5. Make fennel salad

While **stew** is simmering, coarsely chop **cilantro leaves and stems**. Add cilantro to small bowl with **reserved fennel** along with **1 tablespoon oil** and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



### 6. Finish stew & serve

Once **stew** is thickened, add **baby spinach** in large handfuls and cook, stirring, until just wilted, 1-2 minutes. Season to taste with **salt** and **pepper**. Serve **stew** over **quinoa** and top with **fennel salad** and **a drizzle of oil**. Enjoy!