



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 ¹⁷
- 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) ¹⁷

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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**