

SUP!

## SNACKING AROUND THE WORLD

Ecuador

# CHAULAFAN

### INGREDIENTS

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1 cup quinoa

1 cup white rice

7 tablespoons extra virgin olive oil

2 cups of water

½ medium onion, chopped

2 garlic cloves, minced

1 bell pepper, deseeded and chopped

1 carrot, chopped

½ cup fresh parsley, chopped

2 eggs

salt to taste

Optional: 1 cup of diced and cooked chicken and/or beef

### STEPS

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**Step 1** Wash and drain the quinoa and rice.

**Step 2** Heat 5 tablespoons of oil in a large frying pan that has a lid. Then, lightly toast the quinoa and the rice together for about 15 minutes.

**Step 3** Add 2 cups of water and the salt to the quinoa and rice. Cover and simmer for 30 minutes, or until the rice and quinoa are cooked and nice and fluffy.



# CHAULAFAN CONTINUED



## Ecuador



**Step 4** In a different skillet (frying pan), heat up 1 tablespoon of oil. Then, sauté onion until soft. Add the remaining 1 tablespoon of oil and cook the garlic, bell pepper and carrot.

**Step 5** If using beef and/or chicken, add to these veggies and let it brown.

**Step 6** When the veggies have softened, but are still a little crispy, add to quinoa and rice.

**Step 7** In another skillet, scramble an egg with a tablespoon of onion and a handful of chopped parsley and salt to taste. When egg is scrambled, add it to the quinoa and rice and mix together.