



Paella is a lovely, flavorful rice dish which is consider the national dish of Spain. Over the last several years I have been developing plant-based recipes for my Food for Fertility classes. I love the taste, texture and nutrition punch the garbanzos bring to this dish.

Yield: 6 portions and portion size 1 ½ cups

Timing: Prep Time 15 minutes

Total Time 35 minutes



Ingredients

- 1 tablespoon extra virgin olive oil
- 1 medium white onion, diced
- 1 red bell pepper, diced
- 2 - 3 garlic cloves minced
- 1 15oz can chickpeas, drained & rinsed
- 1 14.5oz can diced tomatoes (fire roasted)
- 1 14.5oz can artichoke hearts quartered
- 1 cup white quinoa
- 1 teaspoon smoked paprika
- ½ tsp saffron threads
- Salt & pepper to taste
- 2 cups vegetable broth
- 1 cup fresh or frozen peas
- 1 red bell pepper, diced

Method of Preparation (Instructions)

1. Combine saffron and 1 tablespoon warm water in a small bowl. Set aside 10 minutes.
2. Heat the oil in a large skillet over medium heat. Add onions and peppers, sautéing until onions are translucent, about 2 minutes. Add garlic and cook 2 more minutes.
3. Rinse quinoa before adding to dish.
4. Add chickpeas, tomatoes with liquid, artichokes, quinoa, paprika and saffron. Season with salt and pepper and stir everything together. Add broth and stir again to incorporate. Bring mixture to a boil, then cover and reduce to simmer for 20 - 25 minutes, until most of the liquid has been absorbed.
5. Remove the lid and stir in the peas. Cover again and cook for another 10 minutes.

Utensils/Equipment Needed

Saute pan with lid
Chef knife
Cutting board
Sieve (drain quinoa)
Measuring cups
Measuring spoons
Serving dish
Small bowl