



## Quinoa with Sweet Potato, Beets, and Beet Greens

This quinoa with sweet potato, beets, and beet greens is a nourishing Ayurvedic grain bowl that combines grounding root vegetables with light plant-based protein.

**Servings: 2**

**Preparation Time: 45-60 minutes**



### Ingredients

- 1/2 cup **white quinoa** (rinsed)
- 1 cup water
- 1/4 teaspoon **salt**
- 1/4 teaspoon **turmeric**
- 1 teaspoon **ghee** or **make your own**
- 1 tablespoon **ghee**
- 1/2-1 teaspoon **cumin seeds**
- 1/2-1 teaspoon **coriander seeds**, slightly crushed
- 1/4 teaspoon **black pepper**
- 1 inch of fresh ginger, chopped or grated
- 1 large sweet potato, peeled and chopped into 1/2 inch pieces
- 4 small beets or 2 large, peeled and chopped into 1/2 inch pieces
- 1 1/2 cups beet greens rinsed and chopped
- 1/2 teaspoon **salt**
- Chopped cilantro for garnish
- A squirt of fresh lemon juice for garnish

## Quinoa with Sweet Potato, Beets, and Beet Greens (Cont.)



### Instructions

- In a saucepan, bring to a boil quinoa in water with salt, turmeric, and 1 teaspoon of ghee. After it boils, turn the heat down, cover with a lid, and simmer for 15–20 minutes or until almost all of the water is absorbed and the quinoa is light and fluffy. Red and black quinoa take longer to cook and may require more water.
- While the quinoa is simmering, heat 1 tablespoon of ghee in a skillet. Add cumin, coriander, and black pepper, and saute until golden. Add chopped or grated ginger and cook until golden. Add sweet potato, beets, and salt. Sauté until almost soft, stirring and checking often, then add the beet greens. Cover with a lid to steam and cook the beet greens, checking and stirring often.
- Add the vegetables to the quinoa. Cover and cook for 5 minutes so that the flavors of the vegetables and quinoa meld together. Make sure there is some water left in the quinoa; if not, add a little warm water to keep the food from sticking to the bottom of the pan.
- Garnish with some chopped cilantro and lemon juice.

## Quinoa with Sweet Potato, Beets, and Beet Greens (Cont.)



This recipe is appropriate for all dosha types. Add extra ghee or oil for Vata dosha and some chili for Kapha dosha.

*Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.*

*With love + wishes  
for balanced Agni,  
Belinda*

