**Quinoa vegetable corn chowder (slow cooker)**

## Serves: 4

* 1 tablespoon olive oil
* 1 small onion, finely chopped
* 2 teaspoon minced garlic
* 1 teaspoon minced ginger
* 2 medium potatoes
* 1/2 red pepper
* 150g chopped green beans
* 1L vegetarian stock
* 125g quinoa
* 1 teaspoon ground coriander
* 1 teaspoon paprika
* 1 teaspoon dried or fresh Italian herbs (eg parsley, basil, oregano)
* 1 bay leaf
* salt and pepper to taste
* 500g frozen sweetcorn
* 250g frozen peas
* 3 spring onions, finely sliced

1. Sauté onion, ginger and garlic in oil for five minutes. Add potatoes, red pepper and beans, then sauté for further five minutes.
2. Add all ingredients except sweetcorn, peas and spring onion in a large slow cooker.
3. Cover and cook on low for 3 to 4 hours.
4. Turn slow cooker to high heat, add the frozen corn and peas and cook for another half hour.
5. Stir in spring onions before serving.