

QUINOA SUPREME

2 Tbsp sunflower seed oil or olive oil
1 cup uncooked quinoa
2 ½ cups chicken broth
1- 4 oz. can of mushrooms
1 large onion, chopped
1 green pepper, chopped
1 14 oz. can of diced tomatoes
1 tsp oregano
1 tsp basil
¼ tsp black pepper
1 Tbsp garlic
salt to taste

1. Heat the oil in a large saucepan over medium heat. Add the onion and green pepper; cook and stir for about 5 minutes or until the onions begin to become translucent. Add the garlic and cook for another 2 minutes.
2. Stir in the quinoa and chicken broth, bring the mixture to a boil, then turn the heat down and simmer for 15-20 minutes or until the quinoa grains are soft.
3. Add the diced tomatoes and liquid from the mushrooms. Loosely chop the mushrooms and add to the mixture.
4. Stir in the oregano, basil, pepper, and salt. Simmer to reduce the remaining liquid, stirring frequently, then serve.

Note: You can add cooked shrimp (cut up), chicken or sausage. If you like it spicy, add Tabasco sauce or other hot ingredients.

Serves: 4

Total time: 1 hour