

Quinoa Supreme:

2 Tbsp. olive oil *
1 large onion, chopped fine
1 green pepper, chopped
1-14 oz. can of diced tomatoes
2 1/2 c. chicken broth *
1 tsp. dried basil *
1 Tbsp. garlic flakes *
1 c. uncooked quinoa *
1- 4oz. can of mushrooms
1 tsp. dried oregano *
1/4 tsp. black pepper *
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 soft. Add the garlic and cook for another minute.
2. Stir in the quinoa, chicken broth, basil, oregano, pepper and salt, 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 mushroom juice to the pan. Diced the mushrooms and add into the quinoa.
4. Continue to simmer to reduce the remaining liquid, stirring frequently.
5. Serve warm.

Items with a star behind them are available at the Countryside Co-op.