

CHINESE QUINOA CASSEROLE

INGREDIENTS

- Non-stick cooking spray
- 1 C** Quinoa (uncooked)
- 1 - 2 T** Garlic Olive Oil
- 4** Scallions (Green Onions) (chopped)
- 3 T** Tamari Sauce (low salt)
- 1** Pepper (red) (chopped)
- 2 C** Mushrooms (sliced)
- 1 can** Water chestnuts (8 oz) (sliced) (save liquid)
- 1 can** Bamboo shoots (8 oz) (sliced) (save liquid)
- 4 C** Vegetable broth (together with liquids from water chestnuts & bamboo shoots will reach 4 C)
Salt & pepper (to taste)



DIRECTIONS

- 1 Spray a large casserole dish with the non-stick cooking spray & pre-heat oven to 350 F
- 2 Combine quinoa, oil, scallions, tamari, peppers & mushrooms in a large bowl
- 3 Add water chestnuts & bamboo shoots to the quinoa mix
- 4 Combine the vegetable broth & the liquids from the water chestnuts & bamboo shoots to make 4 cups & add the liquid to the quinoa mix
- 5 Stir to combine
- 6 Place the mix into the large casserole, cover & bake for 1 hour **OR** until all liquid is absorbed

NOTES

- 1 Serves 4 - 6
- 2 If your quinoa is not from Ancient Harvest, soak in cold water for 15 minutes & then drain
- 3 Trader Joe's vegetable broth adds more flavor than Imagine Vegetable Broth
- 4 For a meal with a protein, brown firm cubed tofu & add to the quinoa mix before serving
- 5 Re-heats & freezes well

