

EASY MUSHROOM QUINOA

INGREDIENTS

- 2 C** Vegetable Broth (See note below)
- 1 C** Quinoa (See note below)
- Non-stick cooking spray
- 2** shallots (peeled & chopped)
- 1/2 C** Mushrooms (crimini) (chopped)
- 2 shakes** Smoked Paprika
- 1/2 t** Thyme
- 1 1/2 t** Salt
- Pepper to taste



COOKING INSTRUCTIONS

- 1 Take a 5 qt. pot & put in the vegetable broth & heat at medium high temperature
- 2 When the stock boils add the quinoa & stir
- 3 Cover the pot & check back in a minute to see if it is boiling again
- 4 If it is boiling then turn the heat down to it's lowest temperature
- 5 Check the quinoa after 15 minutes & if there still liquid cook with the cover off mixing every few minutes until there's no more liquid & it looks like rice would look when it's done
- 6 Mix the quinoa with a fork to make sure it isn't clumping
- 7 Let it rest covered for about 5 minutes
- 8 Coat the bottom of your saute pan with the non-stick cooking spray
- 9 Add the shallots & mushrooms & saute until mushrooms are brown
- 10 Add the sauteed vegetables, seasonings & mix the ingredients in with a fork

NOTES

- 1 If you're not using Ancient Harvest Quinoa, you should soak your quinoa in cold water for 15 minutes & then drain the remaining water before cooking the quinoa
- 2 Trader Joe's Low Sodium Vegetable broth is recommended because of its flavor & color
- 3 Crimini mushrooms are recommended for the deep flavor
- 4 Freezes well