

Mushroom Quinoa



2 cups quinoa
4 cups mushroom or veggie stock
½ cup each of 3 varieties of mushrooms, chopped
1 yellow onion, chopped
3 cloves garlic, chopped
2 tbsp olive oil
1 tsp salt
1 tsp pepper
Dash of red pepper flakes

1. Bring mushroom stock to boil, add quinoa and cook 15 minutes or until stock is absorbed.
2. While quinoa is cooking, heat oil in large saucepan. Add onion and garlic, cook for 5 minutes or until onion is clear.
3. Add mushrooms, salt, pepper, and red pepper flakes. Sauté for 5 minutes stirring frequently.
4. When quinoa is done, combine with mushrooms.

Yield: 8 servings

From: The Ditzell House