

SIMPLE BUT COLORFUL QUINOA

INGREDIENTS

- 2 C** Vegetable broth (See note below)
- 1 C** Quinoa (See note below)

- 2** Red bell peppers (large) (chopped)
- 2** Yellow or green bell peppers (large) (chopped)
- 1 can** Corn (8 oz)
- 4** Large onions (chopped)
- 3 cloves** Garlic (smashed)
- 3 T** Extra virgin olive oil
- Non stick cooking spray
- Oregano to taste
- Basil to taste
- Salt to taste



COOKING INSTRUCTIONS

- 1** Place vegetable broth in a 5 qt. covered pot on medium high temperature
- 2** When broth boils, add quinoa mixing thoroughly & then cover & cook for 20 minutes
- 3** If quinoa not done, remove cover & cook for another 5 minutes or until there is no liquid
- 4** Spray non-stick cooking spray in a large frying pan
- 5** Add peppers, corn, garlic & onion & saute at medium high heat until onions are browned
- 6** Combine vegetables, quinoa & seasonings mixing thoroughly

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** Freezes well