SOUPS & SUPPERS

Quinoa Supreme

A one-pot supper with mushrooms, tomatoes, and oregano.

Serves 4 · 1 hour

Ingredients

2 tbsp sunflower or olive oil

1 large onion, chopped

1 green pepper, chopped

1 tbsp garlic, chopped

1 cup uncooked quinoa

2½ cups chicken broth

1 can (4 oz) mushrooms, liquid reserved

1 can (14 oz) diced tomatoes

1 tsp each oregano and basil

¼ tsp black pepper

Salt to taste

Directions

1. Warm the oil over medium heat. Cook onion and green pepper for about 5 minutes, then add garlic and cook for 2 minutes.

2. Add quinoa and broth. Bring to a boil, then simmer for 15–20 minutes until tender.

3. Chop the mushrooms. Add them along with their liquid, tomatoes, herbs, pepper, and salt. Simmer, stirring often, until the extra liquid cooks off.

You can add cooked shrimp (cut up), chicken, or sausage. For a spicier dish, add Tabasco sauce or another hot ingredient.