



Basic Quinoa (Veggie Quinoa)

While this may be basic stuff some of us have trouble getting it right. So I will provide some basic recipes, that I believe would be helpful.

Ingredients

2 Cups water, vegetable or chicken broth

1 Cup quinoa

Salt

Directions

1. Rinse your quinoa
2. Place the water and quinoa in a 2-quart saucepan and bring to a boil.
3. Reduce to a simmer, cover and cook until all the water is absorbed 15-20 minutes.
3. Once all liquid is reduced use a fork and fluff, it's ready to be served.

4. Leftovers can be placed in a covered Pyrex dish and stored in the freezer for later use.

Once that is done here are the ingredients for the veggie quinoa

Ingredients

1 Cup vegetables (diced carrots, green beans, ushroom

2 Tbsp coconut oil

4 Tbsp Organic Coconut Aminos – Terrayaki

2 tsp turmeric

1 tsp garlic salt

1 tsp onion powder

Directions

1. Place oil and veggies in a hot pan and cook until cook through.
2. Add coconut aminos and stir again
3. Add cooked quinoa and mix thw tumeroc powder, salt and onion powder.
4. Enjoy