

Vegetable Quinoa

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Ingredients

2 tsps olive oil
1/2 onions (chopped)
1 cups quinoa
2 cups water
2 tbsps vegetable stock (granules)
1 tsp ground black pepper
1 tsp thyme
1 carrots (chopped)
1 tomatoes (chopped)
1 cup baby spinach

Directions

Heat the olive oil in a saucepan over medium heat; cook and stir the onion in the hot oil until translucent, about 5 minutes. Lower the heat, stir in quinoa and toast, stirring constantly, for 2 minutes. Stir in the water, stock granules, black pepper and thyme; raise heat to high and bring to the boil. Cover, reduce heat to low and simmer for 5 minutes.

Stir in the carrots. Cover and simmer until all water is absorbed, about 10 more minutes. Turn off the heat, add the tomatoes and spinach; stir until the spinach is wilted and the tomatoes have given off their moisture, about 2 minutes.