



Quinoa Risotto (OP I)

Serving: 1

Veg

Ingredients

- -2 tbsp quinoa
- -1 tsp Extra virgin olive oil
- -2 tbsp chopped onion
- -1 cloves garlic, minced
- -2 tbsp carrot, coarsely grated
- -2 tbsp red bell pepper
- -Salt and freshly ground black pepper
- -5 pieces dried mushrooms, covered with boiling water, soaked for 30 minutes, drained, and sliced thin (optional)
- -1 cup vegetable broth, held at a low simmer
- -Chopped parsley, for garnish

Preparation Method

- -Rinse the quinoa very well, until the water runs clear, drain and set aside.
- -Heat olive oil, in a large skillet . Stir in the onion, garlic, carrot, bell pepper, and a pinch of salt and freshly ground black pepper. Cook, stirring occasionally, until the veggies begin to soften and the onions turn translucent.
- -Stir in the rinsed quinoa, and cook, stirring constantly.
- -Stir in the sliced mushrooms, along with just enough vegetable broth to cover everything. Cook, stirring very frequently, until most of the broth is absorbed.
- **-Continue cooking and stirring frequently, adding the remaining broth one ladleful at a time, until the quinoa is cooked through. Wait until the liquid is almost completely absorbed before adding the next ladleful. You'll know the quinoa is cooked when the grains begin to look like little bullseyes, and start to unfurl. You can also take a bite to test for tenderness. Note: you might not need to use all the veggie broth.**
- -When the quinoa is cooked through, remove from the heat, salt and pepper if desired.
- -The quinoa risotto should be deliciously oozy. If it is too thick or dry, stir in a bit more veggie broth or hot water.
- -Sprinkle chopped parsley over top and enjoy hot!