



Spanish Quinoa

Ingredients:

- 1 tablespoon olive oil
- ½ medium yellow onion, diced
- ½ bell pepper, deseeded and diced
- 1 tablespoon minced garlic
- 1 cup Nature's Earthly Choice™ Tri-Color Quinoa
- 1 cup broth or water
- 1 cup tomato sauce
- 2 to 3 tablespoons taco seasoning
- Salt and pepper, to taste

Directions:

1. Warm the oil in a small pot. Cook the onions and bell peppers for 5 to 7 minutes, or until tender. Add the minced garlic and cook for 30 seconds. Season with salt and pepper.
2. Add liquid, tomato sauce, taco seasoning, and quinoa. Bring to a boil then reduce to a simmer. Cook for 15 to 20 minutes, or until quinoa is tender and most of the liquid is absorbed.