



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Curried Red Quinoa with Greens and Mushrooms

From *theomnivoressolution.com*

Serves 4

3 tablespoons extra virgin olive oil
1/2 teaspoon turmeric
1 teaspoon ground cumin
1 large onion, chopped
2 cups chopped mushrooms
1 cup red quinoa
1 cup vegetable or chicken stock
1 cup organic coconut milk
4 cups lacinato kale (or regular), finely shredded
Seasalt and pepper to taste

Heat a large, heavy sauté pan over medium heat. Place olive oil in pan and add turmeric, cumin, and onion. Sauté until onion is translucent. Add mushrooms and cook about 5 minutes. Add quinoa and stir to toast and coat with oil. Add stock and coconut milk and bring to simmer. Add kale, salt and pepper. Stir to coat kale with juices. Cover, reduce heat to medium low and simmer for about 30 minutes, stirring twice during the process. When kale is tender and the tails on the quinoa are appearing, add salt and pepper to taste.

This is a hearty, warming, healthy and satisfying one-pot meal that utilizes lacinato kale, healthful turmeric, vital greens, earthy mushrooms, creamy coconut and chewy red quinoa. Fast and nourishing.

Pita, flatbread, or basmati rice would all be traditional sides with this simple meal.

Red and white quinoa are interchangeable in recipes so use what you have on hand. If purchasing quinoa, think about the colors of the other ingredients in the recipe when choosing red or white.