

Red and White Quinoa

11/22/2015

- 1 T Olive Oil
- 1 Shallot, Finely Chopped
- 1/2 C White Quinoa
- 1/2 C Red Quinoa
- 2 C Water, Beef Stock, Chicken Stock or Vegetable Stock
- Salt
- Freshly Ground Black Pepper

Portion Size: 1/2 C

Yield: 4 Portions

Equipment:

- Cutting Board
- Wooden Spoon
- Medium Sized Stock Pot

Directions:

- Heat the olive oil over medium heat. Add chopped shallot and cook until its translucent. Add quinoa until the oil is absorbed and the quinoa starts to “toast”. Add water or stock and bring the mixture to a boil. Immediately remove from heat and let cool until all the water is absorbed, stirring occasionally.
- Serve.

Time / Temperature :

20 minutes