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| Quinoa Vegetable SoupFrom Dick OgrenServes 8 - 10INGREDIENTS1 large onion, chopped 3 cloves garlic, minced water for sautéing9 cups water for cooking 2 cups broccoli florets 2 medium tomatoes, chopped1 cup carrots, sliced 1 cup celery, sliced 2 Tbsp. low-salt soy sauce1 cup quinoa, rinsed\* 2 bay leaves 3 low salt vegetable bouillon cubesDIRECTIONS1. In large pot, sauté the onion and garlic in a little water until the onion turns limp.
2. Add all remaining ingredients, except the quinoa. Bring to boil and simmer for 10 minutes.
3. Add the quinoa and simmer for 20 minutes.
4. Remove the bay leaves before serving.

\*If the quinoa has not been rinsed prior to purchase, rinse it in a fine mesh strainer to remove the saponin (a bitter coating) before cooking. |
| Bean Burritos 1 of 2From Dick OgrenServes 10INGREDIENTS1 large onion, thinly sliced water for sautéing3 cloves garlic, minced ¼ cup water for cooking1 bell pepper, seeded and thinly sliced 2 medium tomatoes, chopped4 cups white button mushrooms, sliced 2 tsp cumin3 cups pinto beans, cooked 2 tsp chili powder½ cup cilantro leaves 1/3 cup prepared salsa1 pkg. (10) 8” whole wheat tortillas |
| Bean Burritos 2 of 2From Dick OgrenServes 10DIRECTIONS1. In large pot sauté the onion, garlic and bell pepper in a little water until the onion is limp.
2. Add all remaining ingredients, except the beans, salsa and cilantro; cook for 5 minutes.
3. Add the beans and cook 5 minutes.
4. Mix in the cilantro and salsa, and remove the pot from the heat. Let stand for 10 minutes.
5. Add salt and pepper to taste.
6. Place the mixture in 8-inch whole wheat tortillas which have been warmed in the oven or microwave.

Freeze extra burritos for a quick meal. |

