



Curried Quinoa with Vegetables

3/4 cup dry quinoa
1 1/2 cups water
1-2 Tbs. coconut oil
1 medium onion, diced
1 red bell pepper seed, cut into 1" pieces
2 cloves garlic minced
1 Tbs. curry
1/2 tsp. turmeric
2 cups broccoli or cauliflower, cut into florets
Cayenne pepper to taste
Celtic sea salt to taste
1/2 cup coarsely chopped cilantro

- Rinse quinoa in a fine strainer and let drain
- In a saucepan place 1 1/2 cups of water and bring to a boil. Reduce heat and add the quinoa to the hot water.
- Cover simmer on low until the water is absorbed and the grains become translucent soft (about 15 minutes). Let sit 5 minutes.
- While the quinoa is cooking, heat the coconut oil in a sauté pan. Add the diced onions and lightly sauté for a 5 minutes until softened
- Add red peppers, sauté 2 minutes

- Add garlic, curry, turmeric, and cayenne pepper. Mix and cook until fragrant 30 seconds
- Add cauliflower/broccoli
- Lightly sauté for 5-6 minutes, until they become softened (but not overcooked).
- Add the cooked quinoa and stir everything together.
- Stir in cilantro, taste for salt.
- Serve and enjoy!