



Mushroom Quinoa Risotto

Recipe

The Ingredients:

- 3 cups of sliced mini portobello mushrooms
- 2 cups Tricolor Quinoa
- 2 tablespoons of Olive oil
- 2 cups of Water
- 4 raw cloves minced
- 1 onion finely diced
- 2 cups chicken broth or vegetable stock (for vegan)
- 1 tablespoon of Italian Seasoning
- 1/4 cup of chopped scallions
- 1 lemon juice
- 1/3 cup white vinegar
- 1 tablespoon of coconut oil
- 1 tablespoon coconut aminos
- 3/4 cup nutritional yeast
- Salt and pepper to taste

Instructions:

- 1.) Rinse the quinoa and strain.
- 2.) Combine the chicken broth and water in a medium saucepan over medium-high heat and bring to a boil.
- 3.) Reduce heat to low, cover and cook for 15 minutes without removing the lid. Take off the heat and set aside.
- 4.) Add 2 tablespoons of olive oil in a large saucepan, over medium-high heat. Add the onion, garlic and mushrooms and cook, stirring occasionally, until mushrooms are browned.
- 5.) Add Italian seasoning, nutritional yeast, and stir the vinegar, coconut aminos, and lemon juice. Add cooked quinoa into the mushroom mixture, stir for about 3 minutes.
- 6.) Take off the heat, stir in the remaining 1 tablespoon coconut butter. Add salt and pepper to taste. Top with scallions.

Servings 4

