

# Herbal Legacy Recipes

## Quinoa with mushrooms, kale, and sweet potatoes

### INGREDIENTS:

- 1 c quinoa
- 2 T canola oil or water
- 2 small sweet potatoes peeled and cut into  $\frac{3}{4}$  inch pieces
- 10 ounces mushrooms, cubed
- 2 cloves garlic, thinly sliced
- 1 bunch kale, stems discarded and leaves torn into 2 inch pieces
- $\frac{3}{4}$  cup vegetarian broth
- Sea salt and black pepper
- $\frac{1}{4}$  c yeast flakes



### DIRECTIONS:

1. Place the quinoa and 2 cups water in a small saucepan and bring to a boil. Reduce heat and simmer, covered, until all the water is absorbed, 12 to 15 minutes.
2. Meanwhile, heat the oil or water in a large pot over medium heat. Add the sweet potatoes and mushrooms and cook, tossing occasionally, until golden and beginning to soften, 5 to 6 minutes.
3. Stir in the garlic and cook for 1 minute. Add the kale and broth. Cook tossing often, until the vegetables are a crisp tender, 8-10 minutes. Serve over the quinoa and sprinkle with sea salt, pepper and nutritional yeast flakes.

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