



4 servings



30 minutes

Plant-Based Dinner

Cheesy Broccoli Quinoa

Ingredients

1 cup dry quinoa
2 cups broth
1 bag frozen broccoli
1 cup shredded cheese

Optional Toppings

1 fried egg
Salt & Pepper
(as needed)

Method

1. Bring quinoa, broth, and frozen broccoli to a low boil in a large soup pot. Stir to keep from sticking.
2. Cover and reduce heat to steam for 30ish minutes.
3. When liquid is absorbed and quinoa is fluffy, turn off heat and stir in shredded cheese of your choice!

Helpful Tips:

Be sure to buy "pre-rinsed" quinoa for best cooking.

Chicken or vegetable broth works just fine!

Dairy-free shredded cheese is a perfect swap.



Did you know that quinoa has about 8 grams of protein and 5 grams of fiber per serving? Give it a try! Inspired by "Mom, What's for Dinner" Blog in 2015.